

## WEEK 7

### FOCUS: POPEYE/ BILTARAL BREATHING/ ENDURANCE

#### WARM-UP

300 S EASY 25 FR/25 CH  
200 K (100 w/ brd; 100 SGB)  
100 P  
(600)

#### MAIN SET \*[OPTION BELOW]

25 FR R :05  
50 FR/BA R :10  
75 FR/BA/FR R :15  
100 FR R :20  
125 FR/BA/FR/BR/FR R :25  
150 FR R :30  
150 FR R :25  
125 FR/Kx25s R :20  
100 FR-IM R :15  
75 FR easy R :10  
50 FR moderate R :05  
25 FR fast!!! R 1:00  
(Ladder = 950)

\*[OPTION: after 1<sup>st</sup> 150 then swim 175, 200, 175, all free, 150.....continue down the ladder.

R :05-:10 after each distance. Distance = 1 mile]

4X25 K FLUTTER ON :45 – 50 (you need to kick 25 and get your rest in the time interval)

4X75 PULL build x 25s R : 20-30 @ 75

(1950) [2500]

#### COOL DOWN

300 S EASY 3<sup>RD</sup> 25 of each 100 DR

TOTAL = 2250 \*[2700]

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### DAY 2 (WEEK 7)

#### WARM-UP

Repeat from Day 1  
(600)

#### MAIN SET

REPEAT ABOVE LADDER AS ALL FREE!! Take shorter Rest intervals between distances

R 2:00

4X50 K W/ FINS R :10

2X100 FR W/ FINS focus: popeye/front quad/bilateral breath R :10

2X75 BA/BR/FR x 25s build for a strong FR R :15

#### COOL DOWN

Repeat from Day 1

TOTAL = 2550 [3000]

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### DAY 3 (WEEK 7)

YOUR CHOICE OF ANY WORK-OUT FROM WEEK 1,2 OR 3! EASY DAY. A GOOD DAY TO PRACTICE TECHNIQUE AND DRILLS!!

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## DAY 4 (WEEK 7)

### WARM-UP

Repeat from Day 1

### MAIN SET

15 MINUTE SWIM: Using the clock count how many lengths you can swim in 15 minutes w/o stopping. Pace yourself. Start off easy and swim into a rhythm.

R 5:00 max

300 S anything but free R :30

200 S MIXER (never swim the same 2 strokes back to back R:20

2X100 FR MODERATE PACE

### COOL DOWN

Repeat from Day 1

TOTAL = 1500+ 15min swim ☺