

WEEK 8

FOCUS: STAMINA

½ MILE MARK

WARM- UP

100 FR EASY
100 K
100 PULL NO PADDLES
(300)

MAIN SET

800 FR W/ DRs. Continuous swim at an easy, steady pace. 1st 25 of each 100 drill focus; 4th 25 of each 100 DPS R 4:00- 5:00max

Below WITH FINS (optional):

300 BA/FR R 1:00

50 K R :20

200 FR R :40

50 K R :20

100 FR DR R :20

50 K R 1:00

WITH (PADDLES AND) BUOY EASY, SURGE AND GLIDE/ POPEYE

200 P R :10 @ 100

100 P R :10 @ 50

50 P R :05 @ 25

(1900)

COOL DOWN

2X100 CHOICE NOT FR

TOTAL = 2400

DAY 2 (WEEK 8)

REPEAT WARM UP AND ADD 200 FR AS 50 DR/ 50 SGBw/ roll
(500)

MAIN SET

10X100 ODD 100s FR/EVEN 100s FR-IM R :20-25 R 1:00

W/O FINS REPEAT THE “FIN” SET ABOVE R :1:00

200 BA/BR X 50s R :10

100 FR-IM R :10

50 FR FAST ☺

(2000)

COOL DOWN

200 MIXER

TOTAL = 2600

DAY 3 (WEEK 8)

EASY CHOICE DAY

PICK YOUR FAVORITE WORK-OUT FROM WEEKS 3,4 OR 5

DAY 4 (WEEK 8)

WARM-UP

100 FR
2X50 PULL
(200)

MAIN SET

800 FR easy. Relax. DPS 4th 25 of each 100.
Drill on 1st 25 @ 200, 400, 600, 800

½ MILE ☺

2X200 ALT 25 FR/25 CHOICE6
2X100 FREE
2X50 ALT 25 FR/25 BREAST
4X25 K
(1600)

COOL DOWN

1X100 K W/ FINS
1X100 CH
2X50 PULL

TOTAL =2100