

## WEEK 9

**YOU ARE HALF WAY THERE!!! KEEP GOING. YOUR DOING GREAT!!!**



### GROUP WORKOUT

FOCUS: USING THE CLOCK AND PACING

WARM-UP

400 SW AS 50 FR/ 25 FR DR/ 25 CH CONTINUOUS

(400)

### MAIN SET

SWIM BELOW SET 2 X: R :00- :10 max. As distance gets shorter speed increases.

300 FR

50 K

200 FR

50 K

100 FR

50 K R 1:00

4X200 FR-IM OR ALL FR R :20 AFTER EACH DISTANCE

2<sup>ND</sup> & 4<sup>TH</sup> 25 TARZAN\* 4 STROKES/ SW 4 STROKES

3X100 P BUILD X 25s

2X50 CH NOT FR

2X25 FR FAST

(2400)

### COOL DOWN

100-200 CHOICE DR/SW

**TOTAL = 2500-2600**

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### DAY 2 (WEEK 9)

CHOOSE YOUR FAVORITE WORK-OUT FROM WEEK 8 OR IF YOU SWIM THE LADDER TAKE :10 REST AT EACH DISTANCE AND ADD ALL OR PART OF THE BRACKET!

### DAY 3 (WEEK 9)

WARM-UP

300 FR

6X50 K CH

4X75 P (BREATH EVERY 4 STROKES)

(900)

MAIN SET

2X: 200 FR MODERATE R :20

2X75 FAST R :15

R :30 THEN REPEAT TO MAKE 2X

2X: 200 FR-IM R :20

1X75 FR/BA/FR R :15

1X75 BR/FR/BR

R :30 THEN REPEAT TO MAKE 2X

400 FR (K LAST 25 OF EACH 100)

(2300)

COOL DOWN

100-200 CHOICE DR/SW

**TOTAL = 2400-2500**

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**DAY 4 (WEEK 9) GET IN THE 50 METER LONG LANE!!!**

WARM-UP

2X200 AS: 50 FR/50 SGB/50 CH/ 50 SGB  
(400)

MAIN SET

3 X 400 FR R 2:00 @ 400 (ADD A FEW TARZAN STROKES HERE AND THERE IF YOU WANT!)  
(1600)

COOL DOWN

200 CHOICE NOT FR ADD SOME KICKS

**TOTAL = 1800**