

WEEK 14

GROUP WORKOUT OF THE WEEK

WARM-UP

SWIM:

100 FREE STROKE COUNT (DPS)

200 PADDLES AND FINS

200 KICK 100 W/ BRD; 100 SGB (OR 3 & G)

MAINSET

2 X 750 CONTINUOUS W/ R: 30 @ 750

OR R:05 MAX AFTER 200 IF NECESSARY

R 1:00

4 X 75 AS FR/BA/FR X 25s alternating w/ FR/BR/FR X 25s

R :15 MAX. @ 75

COOL DOWN

100 MIXER

100 PULL

100 KICK

TOTAL = 2500

DAY 2 (WEEK 14)

WARM- UP

100 FR EASY

100 K

100 PULL NO PADDLES

(300)

MAIN SET

800 FR 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

300 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 BUOY ONLY 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 3 (WEEK 14)

***50 METER LONG LANE IF AVAILABLE**

WARM-UP

200 S CHOICE

100 K (FINS OPTIONAL)

100 MIXER

(400)

TAKE A GOOD REST AND PREPARE FOR THIS SWIM!

MAIN SET:

ALL FREE

4 X 500 FREE R:15

COOL DOWN

200 CH

TOTAL = 2600



DAY 4 (WEEK 14)

YOU PICK YOUR FAVORITE WORKOUT FROM WEEKS 8-13

ADD SOME DRILL FOCUS AND

4X THIS LADDER BELOW:

100

75

50

25 SPEED WORKOUTS WHEN SPEED INCREASES AS DISTANCE DECREASES! KEEP REST TO R :10 MAX.

SEE YOU TUESDAY AND/OR THURSDAY!!!!!!