

**The MPSS 16-week Work-out Routine,
plus Additional Challenges**

Week 16
Congratulations!

Week 16: Day 1 (coach directed)

Warm-up

100 S CH

Main set

Group swim: snake. Tarzan every 8 strokes. 15–20 minutes.

200 FR R :20

200 (alt 25 SGB, 25 3&G) R :20

200 P R :20

200 (alt BA, BR, FR) R :20

(800)

Cool down

100 K

100 CH

(200)

TOTAL = 1100 + group swim

Michael Phelps Swim School

Meadowbrook Aquatic and Fitness Center | 5700 Cottonworth Ave. Baltimore, MD 21209

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3-1-11

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Week 16: Day 2 (self guided)

(In a 50 meter lane if available.)

If you did not yet swim a continuous mile already this week, do so now, making it easy and relaxing. Pace yourself.

Cool down

100 K

200 CH

TOTAL = 1900

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Week 16: Day 3 (self guided)

Warm-up

100 S mixer
2x25 K strong
(150)

Main set

3x600 FR EZ relaxed
(1800)

Cool down

100 FR DR
100 CH
(200)

TOTAL = 2150

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Week 16: Day 4 (self guided)

Pick your favorite workout. Swim to stay loose. Add some drill focus. Swim easy. Enjoy.

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