

Week #2

Practice #1:

3 x 200 30 seconds rest after each 200

#1 swim

#2 50 shark drill/50 swim

#3 50 catch-up drill/50 swim

2:00 rest

6 x 100 30 sec's rest b/w each

odd #'s 50 drill of choice/50 swim

even #'s swim count strokes per length

2:00 rest

1 x 300 swim count strokes per length on the 2nd, 4th, and 6th length (if at MLK) and try to keep equal

100 easy warm-down

total = 1600

practice #2:

5 x 100 w/20 sec's rest b/w each
odd #'s catch-up drill 50/swim 50
even #'s swim

1:00 rest

4 x 100 w/30 sec's rest
all swim count strokes on #1 and #4 and compare stroke counts per 50

1:00 rest

3 x 100 w/20 sec's rest
50 drill of choice/50 swim on each of them

1:00 rest

2 x 100 w/15 sec's rest
swim and try to hold even pace

1:00 rest

1 x 100 fast and get your time

1:00 rest

4 x 50 20 sec's rest
drill of choice on each

total = 1700