

200 warm up

12x50s DDSB – 4 eight kick, 4 shark, 4 catch up

3x 100 easy

4x25s hard 10 sec rest

100 easy

4x25s hard sec rest

100 All out

4x100 kick – last 25 hard

200 warm down

2700

200 warm up

10x50s DDSB – 4 eight kick, 4 shark, 4 catch up

125 – 15 sec

8x25s – 10 sec

125 – 15 sec

6x50s – 10 sec

125 – 15 sec

4x75s – 10 sec

125 – 15 sec

2x100s – All out

(125s are easy, everything else is odds hard pace evens are hard)

(Both 2x100s are all out)

6x75s kick – 10 sec rest

200 warm down

2850

200 Warm up

5x100 DDSB

6x50 kick – Hard kick back

20x50 – 1-4 build, 5 all out, 6-9 build, 10 all out, 11-14 build, 15 all out, 16-19 build, 20 all out

6x50 kick – Hard kick back

8x25 – All out

100 easy

2600

100 warm up

12x50 - DDSB

2x 100 easy

4x50 – 15 sec rest

4x50 – 10 sec

4x50 – 5 sec

100 All out

8x75 – 12 kick at deep ends

100 warm down

3000

200 warm up

5x100 DDSB – 8 kick skate only

2x50 – 10 seconds rest for whole main set

2x100

2x150

1x200

2x150

2x100

2x50

6x75 kick – last lap hard, 10 seconds rest

6x25 – ALL OUT, 10 seconds rest

100 warm down

2800

200 warm up

10x75 – 1st lap left arm only, 2nd lap right arm only, 3rd lap swim

200 – 15 seconds rest

6x50 – HARD, 10 sec rest

200 – 15 sec

6x50 – HARDER, 5 sec rest

200 – 15 sec

6x50 – ALL OUT, 5 sec rest

8x75 kick – 10 seconds rest

100 warm down

3150

200 warm up

12x50 – DDSB, 15 sec rest

2x150 – 15 sec rest

3x125 – 15 sec

4x100 – 15 sec

5x75 – 10 sec

6x50 – 10 sec

6x25 – ALL OUT, 5 sec rest

3x100 kick – 15 sec rest, last lap kick HARD

100 warm down

3100

200 Warm up

5x100 DDSB

3x 5x50 Build by 50

100 Hard

5x50 Kick – Hard kick back

4x25 All out

100 warm down

2700

200 Warm up

4x 150 DDSB

4x100 Kick – 50 easy, 25 moderate, 25 hard

6x25 – 5 sec rest

5x50 – 10 sec

4x100 – 15 sec

5x50 – 10 sec

6x25 – 5 sec

4x100 Kick – 50 easy, 25 moderate, 25 hard

100 warm down

2900

200 warm up

12x50s – DDSB

3x200 – Long stroke

8x75 – Build by lap, 10 sec rest

6x100 Kick – last lap all out

8x25 – All out, 10 sec rest

200 warm down

3000

200 warm up

8x150 – 50 drill, 50 kick, 50 swim

5x 4x50 Build – 10 sec rest

4x25 ALL OUT – 10 sec rest

6x25 – ALL OUT KICK!! 10 sec rest

1500 warm down

3200

200 warm up

6x100 – DDSB

7x200 – 50 easy (10 second rest per 200)

50 build

50 easy

50 all out

200 – Long stroke

8x75 Kick – Last lap hard

200 warm down

3200

200 warm up

10x75 – 25 left arm, 25 right arm, 25 swim

3x 3x100 – Kick (10 sec rest)

5x50 – Build (5 sec rest)

6x25 – All out (10 sec rest)

150 warm down

3200

200 warm up

4x100 – DDSB

400 – Long stroke

4x100 – 1-3 Build, 4 All out

300 – Long stroke

4x75 – 1-2 Build, 3-4 All out

200 – Long stroke

4x50 – 1 Build, 2-4 All out

100 – Long stroke

4x25 – All out

(All 10 seconds rest)

10x50 – Kick, odds moderate, evens all out

100 warm down

3200

200 warm up

3x200 – DDSB

40x50 – 10 Build 1-5, 6-10 All out (repeat sets of 10 till you reach 40)

(For this set you get in partners: one person kicks on the wall ALL OUT waiting for the other person to finish their 50, once that person gets done with their 50 then they switch places. They do this till they both have done 40 50s. After the first 20, you get 30 seconds rest)

12x25 Kick – Down moderate, coming back hard

200 warm down

3300

200 warm up

12x50 – DDSB

20x100 – 1-4 Build, 5 All out

6-9 Build, 10 all out

11-14 build, 15 all out

16-19 build, 20 all out

4x100 kick – Build by 100

200 warm down

3400

200 warm up

4x150 – DDSB

24x75- (Dive in water from deep end, do one lap easy, 1 lap build, 1 lap all out. But, when you're done with the 75, you get out of the water and do a dryland exercise back to the blocks - first 10 are lunges, second 10 are crab walk, and last 4 are bear crawl)

8x50 Kick – kick back hard

200 warm down

3200

200 warm up

4x100 – DDSB

5x400 build – 10 sec rest, build by 100 to hard pace

10x50 kick – kick hard back

200 warm down

3300

200 warm up

10x50 – DDSB

200 – long stroke

8x25 – build 1-4, all out 5-8

200 – long stroke

8x50 – build 1-5, all out 6-8

200 – long stroke

8x75 – build 1-6, all out 7-8

4x100 kick – last lap hard

200 warm down

3100

200 warm up

6x100 – 25 left arm, 25 right arm, 50 swim

12x125 – 5 sec rest

500 kick

8x25 – all out, 10 sec rest

200 warm down

3200

200 warm up

3x200 – DDSB

1000 – For time

20x50 – 1-5 easy

6-10 moderate

11-15 hard

16-20 all out

200 warm down

3000

(Taper workout)

200 warm up

5x100 – DDSB

4x200 – 25 left arm, 25 right arm, 50 swim, 25 left arm, 25 right, 50 swim

500 – Hard

5x100 Kick – last lap hard

200 warm down

2300

(Taper workout)

200 warm up

3x 200 drill

200 swim

5x100 – Build

200 warm down

2100