

MONDAY NOV.9th

w/u CR/BK 6 x 6 Lengths nonstop

dive practice +/- 10 minutes

OWN CHOICE 4 x 2 lengths Neg splits R 15s

CR 4 x 6L even lengths strong/stretch
Odd lengths even pace

Finish with medleys include drills

Swim down

MONDAY NOV 16th

W/U CR/BK 10/8 8/6

IM 4 x 4 x 1 FKPF.

CR 24 L Concentrate on technique count strokes

Any other stroke drill/full 4 or 6 Lengths

CR 12 L 1 L 2 right 2 left arm 2 Lengths full stroke x 3

2 x 6 L R 10 s Even pace

Swim down

MONDAY NOV 23rd

W/U CR/BK 12/6 8/4

TURNING PRACTICE +/- 10 min

CR 12 L R 10 s 10 L R 10s 8L

Any other stroke recovery +/- 5 min.

CR 4 x 4 (½ L strong ½ L stretch Rest 15s Reverse) x 2

OR

4 X 2 AS ABOVE

Swim down

MONDAY NOV 30th

w/u CR/ BK/ OWN CHOICE 8L 6L 4L x2 =32 L

TURN PRAC +/- 10 MIN

CR 15 min. very even pace R 20s

4 L any other stroke

CR 8L 1 L stretch 1L strong note time and pulse rate.

Swim down medleys + drills