

July 20th

w/u 4CR /3BK/ 2 ownchoice 1/ x 2 = 20 Lengths

CR 10 L Rest 15 secs 8 L R 15s 6L EVEN PACE

8 L R 15 6 L R 10 4 L

Own Choice 4 L F K P F

4 X 2 L R 10 S Each 2 L faster than last

CR 4 x 1 L on 1 min Sprints

Swim down

July 27th

w/u Cr 10 L Bk 8 L Own Ch 4 L

SUPER SETS

Cr 2L Very Fast 4L slower 8 L still slower= 14 L

Bk or Own Ch 4 or 6 L

Repeat 2 times = 60 Lengths in all

Swim Down and STRETCH

August 3rd

W/U CR 12 L Bk 6 L o/c 4L

Own Ch 4 x 2 L Drill /Full non-stop

Cr or back or breast - 3 x 8 L even pace

6 x 4 L Strong last 1 1/2 L rest 20s

Swim down EZ

August 10th

W/U CR 12 L Bk 6 L IM 4 x 1 L

Own Choice 8 L Even Pace

Cr 2 L EZ

Own Choice 6 L R 10s 2 L Strong

Cr 2 L EZ

Own Choice 4 x 2 L R 15s Drill EZ Full Strong

CR 3 x 4 L R 20 s EVEN PACE

4 X 3 L R 20 S Each Last length STRONG

6 x 1 L Rest approx 1 min

Swimdown and stretch