

Swim Camp Week #5 Practice #1

Group A:

warm up

50 swim 10 sec's rest

100 drill/swim by 50 (20 sec's rest)

150 swim 30 sec's rest

200 drill/swim by 50 (40 sec's rest)

150 swim 30 sec's rest

100 drill/swim by 50 (20 sec's rest)

50 swim

2:00 rest

200 swim distance per stroke (count strokes on last 50 of 200) 30 sec's rest

4 x 50 build each 50 with 20 sec's rest

(perform this set alternating 200 and 4 x 50 three times through)

2:00 rest

4 x 50 drill of choice with 20 sec's rest

total = 2,200

Group B:

50 swim 10 sec's rest

100 drill/swim by 50 (20 sec's rest)

150 swim 30 sec's rest

100 drill/swim by 50 (20 sec's rest)

50 swim

2:00 rest

200 swim distance per stroke (count stroke on the last 50 of the 200) 30 sec's rest

4 x 50 build each 50 20 sec's rest

(perform this set alternating 200 and 4 x 50 three times through)

2:00 rest

4 x 50 drill of choice with 20 sec's rest

total = 1,850

Practice #2

Group A

400 (swim 100/drill 100)

2:00 rest

20 x 50 w/20 sec's rest

odd #'s look/see

even #'s swim distance per stroke

2:00 rest

16 x 50 w/15 sec's rest

#'s 1-4 descend (go faster on each one w/#4 your fastest)

#'s 5-8 distance per stroke (count your strokes on all)

#'s 9-12 descend as 1-4

#'s 13-16 drill of choice

total = 2,200

Group B

300 (swim100/drill 100)

2:00 rest

20 x 50 w/20 sec's rest

odd #'s look/see

even #'s swim distance per stroke

2:00 rest

12 x 50 w/15 sec's rest

#'s 1-3 descend (go faster on each one w/#3 your fastest)

#'s 4-6 distance per stroke (count your strokes on all)

#'s7-9 descend 1-3

#'s10-12 drill of choice

total = 1,900