

Weekly Workout: Champs Week 3/4

2/13/2012		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x75 K BR/BK on 3:30	K	4x150 K BR/BK on 4:00	K	4x200 K BR/BK on 4:00
	5:00	SWBR	2x(25KhandF,25KhandB, 25KStreamline)	BR	9x100 BR/FR on 3:00 90% race pace	BR	8x200 BR/FR on 3:40 90% race pace
	5:15	BR	4x50 BR on 2:30	BR		BR	
	5:30	K	3x50 K BK on 2:30 w/fins	K	5x(50H,50E) K BK on 3:00per100 w/fins	K	7x(50H,50E) K BK on 2:00per100 w/fins
	5:45	SWBK	2x(25 FashMdl, 25 laneline, 25 3-1abs)	SWBK	6x(25 FashMdl, 25 laneline, 25 3-1abs)	SWBK	8x(25 FashMdl, 25 laneline, 25 3-1abs)
	6:00	BK	5x50 BK on 2:00	BK	7x100 BK on 3:45 90% race pace	BK	11x100 BK on 2:30 90% race pace
	6:15	BK		BK		BK	
	Yards		1200		3150		4800
Tues	4:30		Time: 65		Time: 109		Time: 112
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x50 K FL/BR on 3:30 no fins	K	4x150 K FL/BK on 4:00 no fins	K	4x200 K FL/BK on 4:00 no fins
	5:00	SWFL	2x(25ra,25la,25 3-ralaba) w/fins	FL	12x75 FL/BK on 2:00	FL	12x125 FL/BK on 2:15 w/fins
	5:15	FL	4x25 FL/BK on 1:30	FL		FL	
	5:30	K	4x(25H,25E) K BK on 2:00per50 w/fins	K	10x(25H,25E) K BK on 1:30per50 w/fins	K	14x(25H,25E) K BK on 1:00per50 w/fins
	5:45	SWBK	2x(25 FashMdl, 25 stream, 25 3-1abs)	SWBK	6x(25 FashMdl, 25 stream, 25 3-1abs)	SWBK	8x(25 FashMdl, 25 stream, 25 3-1abs)
	6:00	BK	4x50 BK on 2:30	BK	5x100 FR on 3:00 80%	BK	7x100 FR on 2:00 80%
	6:15	SP	4x25 sprnt FR/BK	SP	8x25 sprnt IM order on 1:00	SP	12x50 sprnt IM order on 1:10
	Yards		1100		3150		4900
Thur	4:30		Time: 66		Time: 102		Time: 111
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x100 FL/BK/FR/BR w/fins on 4:00	K	8x150 K IM order on 4:00 w/fins [2x(150 FL/BK/BR/FR)]	K	8x200 K IM order on 3:30 w/fins [2x(200 FL/BK/BR/FR)]
	5:00	K		K		K	
	5:15	IM	2x100 IM 1:30 rst	IM	4x100 IM on 4:00	IM	5x100 IM on 2:45 90%
	5:30	FR	4x50 FR on 2:00	FR	4x100 FR on Xtest +:45 90%	FR	5x100 FR on Xtest +:45 90%
	5:45	IM	2x100 IM 1:00 rst	IM	2x(200 IM, 50 FR easy)	IM	2x200 IM on 4:30 90%
	6:00	FR	200 FR non stop	FR	200 FR	FR	2x200 FR on 4:00 90%
	6:15	G	SAME==>	G	SAME==>	G	
	Yards		1200		2700		3400

Time: 45
3500

Tme: 80
9000

Time: 77
13100