

Weekly Workout: Districts Week 1/2

2/27/2012		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	2x75 K FR on 2:00	K	4x150 K FR/FL on 3:30 No Fins (150 straight)	K	4x200 K FR/FL on 3:30 No Fins (200 straight)
	5:00	FR	8x50 FR on 3:30 90%	FR	8x100 FR on 3:30 90%	FR	11x100 FR on 2:30 90%
	5:15	FR		FR		FR	
	5:30	K	3x50 K FL (Hips NOT knees)	K	4x100 K BR/BA :30 rst No Fins	K	6x100 K BR/BA :15 rst No Fins
	5:45	SWBR	2x(25Kstream,25Khndsfront,25Khndsback,25BR)	SWBR	4x(25Kstream,25Khndsfront,25Khndsback,25BR)	SWBR	6x(25Kstream,25Khndsfront,25Khndsback,25BR)
	6:00	BR	2x50 BR on 2:00	BR	4x100 BR on 3:00	BR	6x100 BR on 2:15
	6:15	SWST	7 BR/BK Mid Pool	SWST	9 BR/BK Mid Pool	SWST	11 BR/BK Mid Pool
	Yards			1175		2825	
Tues	4:30		Time: 69		Time: 103		Time: 110
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	2x75 K BK on 2:30	K	8x50 K IM order on 1:30 (2@FL/BK/BR/FR)	K	12x50 K IM order on 1:00 (2@FL/BK/BR/FR)
	5:00	FR	4x50 BK :15 rst	FR	6x100 FR Xtest +:20	FR	8x100 FR Xtest +:15
	5:15	FR	8x25 FR :30r 90%	FR	8x50 FR :45r 90%	FR	12x50 FR :30r 90%
	5:30	K	Review BR K then 3x50 K BR (up, out, around)	K	6x100 K FL/BK/FR/FL/FR/BR on 2:45 w/fins	K	6x150 K FL/BK/FR/FL/FR/BR on 2:15 w/fins
	5:45	SWBR	2x(25 1"air,25Khndsfront,25Khnd sback,25BR)	SWBR	4x(25 1"air,25Khndsfront,25Khnd sback,25BR)	SWBR	6x(25 1"air,25Khndsfront,25Khnd sback,25BR)
	6:00	BR	4x25 BR on 1:00	BR	4x50 BR on 1:30	BR	8x50 BR on 1:00
	6:15	SP	4x25 IM order w/block	SP	4x50 IM order w/blocks	SP	4x50 IM order w/blocks
	Yards			1100		2800	
Thur	4:30		Time: 62		Time: 103		Time: 102
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x100 FL/BK/FR/BR w/fins	K	5x200 FL/BK/FR/FL/BR w/fins	K	5x250 K FL/BK/FR/FL/BR w/fins
	5:00	K		K		K	
	5:15	BK	5x50 BK on 2:00	BK	5x100 BK on 3:00	BK	6x100 BK on 2:15
	5:30	FR	3x100 FR on 4:00 E/H/E	FR	4x200 FR on 5:15 H/E	FR	7x200 FR on 4:00 H/E
	5:45	FR		FR		FR	
	6:00	SWST	5 Starts w/blocks	SWST	4 BK/FR Mid Pool and 3 Starts w/blocks	SWST	4 BK/FR Mid Pool and 3 Starts w/blocks
	6:15	G	SAME==>	G	SAME==>	G	Sharks/Minnows
	Yards			950		2400	

Time: 69
3225

Tme: 100
8025

Time: 106
11425