

Weekly Workout: Districts Week 2/2

3/5/2012		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 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		4100
Tues	4:30		Time: 62		Time: 103		Time: 102
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	2x100 K FR on 3:30	K	3x200 K FR/FL on 4:15	K	4x200 K FR/FL on 3:40
	5:00	SWFR	4x50 alt (K Sailboat)/(Finger Drag) on 1:00	FL	4x(25,50) FL on 1:30/50 pace	FL	4x(25,50,100) FL on 2:00/100 pace
	5:15	FR	2x100 FR on 2:30	FR	4x100 FR on Xtest +:30	FR	5x100 FR on Xtest +:15
	5:30	K	2x50 K FR/BK on 1:45	K	4x100 FR/FL on 2:30	K	5x100 FR/FL on 2:00
	5:45	BK	3x50 BK on 1:45	FR	3x200 FR on 3:45	FR	3x200 FR on 3:15
	6:00	FR	3x50 FR on 1:30	FR	4x50 FR on 1:15	FR	6x50 FR on 1:00
	6:15	SP	4x25 sprnt FR on 1:00	SP	3x50 FR sprnt on 1:00	SP	5x50 FR sprnt on :45
	Yards		1100		2650		3650
Thur	4:30		Time: 37		Time: 71		Time: 74
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	3x150 FR/FL on 4:00	K	5x200 FR/FL on 4:30	K	6x200 FR/FL on 4:00
	5:00	K		K		K	
	5:15	SWBK	SAME ==>	SWBK	SAME ==>	SWBK	Review BK, drills
	5:30	BK	6x50 BK on 1:45	BK	6x100 BK on 2:15	BK	8x100 BK on 1:45
	5:45	SWFL	SAME ==>	SWFL	SAME ==>	SWFL	Review FL, drills
	6:00	FL	3x50 FL on 3:00	FL	5x50 FL on 2:30	FL	6x50 FL on 2:00
	6:15	G	SAME ==>	G	SAME ==>	G	Sprint Bingo
	Yards		900		1850		2300

Time: 84
3100

Tme: 103
7300

Time: 105
10050