

Weekly Workout: Skills Week 2/5

10/31/2011		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME ==>	DL	SAME ==>	DL	Pushup Sets
	4:45	K	2x100 FR/BK on 4:00	K	4x100 FR/BK on 3:15	K	5x100 FR/BK on 2:45
	5:00	SWBK	SAME ==>	SWBK	SAME ==>	SWBK	Review BK, drills
	5:15	BK	6x50 BK on 1:45	BK	5x100 BK on 3:00	BK	6x100 BK on 2:30
	5:30	K	3x100 BK on 3:00	K	5x50 FR/BK on 2:00 SP	K	8x50 FR/BK on 1:30 SP
	5:45	BK	3x100 BK on 3:00	BK	5x200 BK on 4:30	BK	6x200 BK on 4:00
	6:00	BK	3x100 BK on 3:00	BK		BK	
	6:15	SP	6x25 FR/BK SP then WD	SP	4x50 FR/BK SP then WD	SP	6x50 FR/BK SP then WD
	Yards			950		2350	
Tues	4:30						
	6:15						
	Yards						
Wed	4:30	DL	SAME ==>	DL	SAME ==>	DL	Cardio Sets
	4:45	K	2x100 IM on 4:00	K	4x100 IM on 3:15	K	5x100 IM on 2:45
	5:00	SWBK	SAME ==>	SWBK	SAME ==>	SWBK	Review BK, drills
	5:15	BK	4x100 BK on 3:00	BK	6x100 BK on 2:30	BK	7x100 BK on 2:00
	5:30	K	3x100 BK on 3:00	K	7x50 BK/FR on 2:00	K	9x50 BK/FR on 1:30
	5:45	BK	3x100 BK on 3:00	BK	9x50 FR/BK on 1:15	BK	12x50 FR/BK on 1:00
	6:00	SWBR	SAME ==>	SWBR	SAME ==>	SWBR	Review BR K/P Drills
	6:15	BR	3x50 BR on 2:00	BR	5x50 BR on 2:00	BR	9x50 BR on 1:30
	Yards			750		2050	
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	SAME ==>	DL	SAME ==>	DL	Jump Sets
	4:45	K	3x150 FR/FL on 5:00	K	5x200 FR/FL on 5:30	K	6x200 FR/FL on 5:00
	5:00	K	3x150 FR/FL on 5:00	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	

2600

6250

8000