

Weekly Workout: Skills Week 4/5

11/14/2011		Group 1		Group 2		Group 3	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Pushup Set
	4:45	K	6x50 FL/FR on 2:30	K	4x100 FL/FR on 3:15	K	6x100 FL/FR on 2:20
	5:00	SWFL	2x(50Krt/lft,50 2ralaba) :45r	SWFL	3x(50Krt/lft,50 2ralaba) :30r	SWFL	4x(50Krt/lft,50 2ralaba) :20r
	5:15	SWFL	50ChoiceE, 2x(50Kfr/ba, 50 3ralaba) :30r	SWFL	50ChoiceE, 3x(50Kfr/ba, 50 3ralaba) :30r	SWFL	50ChoiceE, 4x(50Kfr/ba, 50 3ralaba) :20r
	5:30	FL	2x(50FL,50FREasy) on 1:45	FL	4x(50FL,50FREasy) on 1:30per50	FL	5x(50FL,50FREasy) on 1:15per50
	5:45	K	XXXXXXXXXX	K	4x(25FLsprnt,25FLeasy, 50FR) on 3:00	K	5x(25FLsprnt,25FLeasy, 50FR) on 2:30
	6:00	FL	6x25 FL/FR on 1:30	FL	9x50 FL/FR on 1:30	FL	5x100 FL/FR on 2:00
	6:15	SP	2x25 FR, 50wd	SP	4x25 FL/FR, 100wd	SP	50ChoiceE, 6x25 FL/FR,100wd
	Yards			1200		2500	
Tues	4:30						
	6:15						
	Yards						
Wed	4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Jump Set
	4:45	K	2x(25,50,25) FR on 1:45per50	K	2x(25,50,100,50,25) FR on 1:20per50	K	2x(50,100,200) FR on 1:00per50
	5:00	SWFL	2x(25Kfr/rt/lft/ba,50 3ralaba) :45r	SWFL	2x(100K6cnt fr/rt/ba/lft, 50 3ralaba) :30r	SWFL	3x(100K6cnt fr/rt/ba/lft, 50 3ralaba) :20r
	5:15	FL	2x(50FL,50FREasy) on 1:45	FL	5x(75FL,25FR) on 3:00	FL	4x(125FL,75FR) on 3:15
	5:30	K	XXXXXXXXXX	K	8x50 FL/FR on 1:45	K	8x50 FL/FR on 1:25
	5:45	SWST	SAME ==>	SWST	SAME ==>	SWST	Dive Progression/Back
	6:00	BK	3x50 BK on 1:30	BK	3x100 BK on 2:30	BK	4x100 BK on 2:00
	6:15	BR	3x50 BR on 1:45	BR	3x100 BR on 2:30	BR	4x100 BR on 2:15
	Yards			1000		2300	
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	SAME ==>	DL	SAME ==>	DL	Stretch, Cardio Set
	4:45	K	4x100 FL/FR on 4:00	K	5x200 FL/FR on 6:00	K	6x200 FL/FR on 4:45
	5:00	K		K		K	
	5:15	SWFL	2x(25Kfr/rt/lft/ba,50 3ralaba) :45r	SWFL	2x(100K6cnt fr/rt/ba/lft, 50 3ralaba) :30r	SWFL	3x(100K6cnt fr/rt/ba/lft, 50 3ralaba) :20r
	5:30	FL	XXXXXXXXXX	FL	7x50 FL/FR on 1:30	FL	4x100 FL/FR on 2:00
	5:45	SWST	SAME ==>	SWST	SAME ==>	SWST	Dive Progression/BR Pullout
	6:00	FL	6x25 FL/BR on 1:30	FL	12x25 FL/BR on :45	FL	6x50 FL/BR on 1:15
	6:15	G	SAME ==>	G	SAME ==>	G	Kickboard Wars
	Yards			850		1950	
			3050		6750		8750