

Weekly Workout: Distance Week 1/5

11/21/2011		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	3x50 K FR on 1:45	K	6x100 K FR on 2:15	K	8x100 K FR on 1:50
	5:00	SWFR	4x50 alt (K Head in line)/Zipper on 1:45	SWFR	8x50 alt (K Head in line)/Zipper on 1:00	SWFR	8x50 alt (K Head in line)/Zipper on 1:00
	5:15	LQS	250 Record Time	LQS	500 Record Time	LQS	1000 Record Time
	5:30	K	2x50 K FR/BK on 1:45	K	3x150 K BR/BK/FR on 3:30	K	3x150 K BR/BK/FR on 3:00
	5:45	FR	3x50 FR on 1:30	BR	3x100 BR on 2:00	BR	2x200 BR on 3:30
	6:00	BK	3x50 BK on 1:45	BK	3x100 BK on 1:45	BK	2x200 BK on 3:00
	6:15	FR	3x50 FR on 1:30	FR	3x100 FR on 1:30	FR	2x200 FR on 2:30
	Yards		1150		2850		3850
Tues	4:30						
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch, Pushup Set
	4:45	K	2x100 K FR on 3:30	K	3x200 K FR on 4:15	K	4x200 K FR on 3:40
	5:00	SWFR	4x50 alt (K Sailboat)/(Finger Drag) on 1:00	SWFR	8x50 alt (K Sailboat)/(Finger Drag) on 1:00	SWFR	8x50 alt (K Sailboat)/(Finger Drag) on 1:00
	5:15	FR	3x100 FR on 2:00	X	6x100 FR Lowest Interval. Record Interval.	X	6x100 FR Lowest Interval. Record Interval.
	5:30	K	2x50 K FR/BK on 1:45	K	4x100 BK/BR on 2:30	K	6x100 BK/BR on 2:00
	5:45	BK	2x50 BK on 1:45	BK	2x100 BK on 1:45	BK	3x100 BK on 1:20
	6:00	FR	2x50 FR on 1:30	BR	2x100 BR on 2:00	BR	3x100 BR on 1:30
	6:15	SP	4x25 sprnt FR on 1:00	SP	6x50 srnt FR/BK/BR on 1:15	SP	9x50 sprnt FR/BK/BR on :50
	Yards		1100		2700		3450
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch, Jump Set
	4:45	K	3x100 K FR/BK on 4:00	K	8x125 K IM order on 2:45	K	8x150 K IM order on 2:45
	5:00	K		K		K	
	5:15	SWFR	6x25 alt (K Head in Line)/K Sailboat) on 1:00	SWFR	6x50 alt (K Head in Line)/K Sailboat) on 1:30	SWFR	10x50 alt (K Head in Line)/K Sailboat) on 1:15
	5:30	FR	6x50 FR on 1:30	FR	4x100 FR on 1:45	FR	5x100 FR on 1:20
	5:45	IM	3x100 IM on 2:00	IM	3x100 IM on 2:00	IM	3x100 IM on 1:45
	6:00	FR	4x50 FR Hard/Easy on 1:15	FR	4x50 FR Hard/Easy on 1:15	FR	4x50 FR Hard/Easy on 1:00
	6:15	G	SAME==>	G	SAME==>	G	Sprint Bingo
	Yards		750		2200		2700

3000

7750

10000