

# Weekly Workout: Distance Week 2/5

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	LQS	200 Record Time	LQS	600 Record Time	LQS	1200 Record Time
	5:15	FR	3x50 FR on 1:30	BR	4x100 BR on 2:30	BR	2x200 BR on 3:30
	5:30	K	4x50 K BK on 1:45	K	4x100 K alt BK/IM on 2:30	K	4x100 K alt BK/IM on 2:00
	5:45	SWBK	4x50 alt (one arm BK)/BK on 1:45	SWBK	8x50 alt (one arm BK)/BK on 1:15	SWBK	10x50 alt (one arm BK)/BK on 1:00
	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	3x200 FR on 2:30
	Yards		1200		3000		4300
Tues	4:30						
	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	BR	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						
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	3x100 K FR/BK on 4:00	K	5x200 K BK/FR order on 4:00	K	6x200 K BK/FR order on 3:15
	5:00	K		K		K	
	5:15	SWBK	6x25 alt FashionModel/BK on 1:00	SWBK	8x50 alt FashionModel/BK on 1:30	SWBK	10x50 alt FashionModel/BK on 1:15
	5:30	BK	6x50 BK on 1:30	BK	4x100 BK on 2:00	BK	5x100 BK on 1:30
	5:45	IM	<del>3x100 IM on 2:00</del>	IM	3x100 IM on 2:00	FR	3x100 FR on 1:45
	6:00	FR	<del>4x50 FR Hard/Easy on 1:15</del>	FR	4x50 FR Hard/Easy on 1:15	FR	4x50 FR Hard/Easy on 1:00
	6:15	G	SAME==>	G	SAME==>	G	KickBoard Wars
	Yards		750		2300		2700
		3050		7950		10650	