

Weekly Workout: Distance Week 3/5

12/12/2011		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	3x100 K FR on 2:15	K	4x100 K FR on 1:50
	5:00	LQS	200 Record Time	LQS	750 Record Time	LQS	1500 Record Time
	5:15	FR	3x50 FR on 1:30	BK	5x100 BK on 2:00	BK	6x100 BK on 1:40
	5:30	K	4x50 K FR on 1:45	K	4x100 K alt FR/IM on 2:30	K	5x100 K alt FR/IM on 2:00
	5:45	SWFR	4x50 alt zipper/FRK on 1:45	SWBR	8x50 alt (kick hands front)/BR on 1:15	SWBR	10x50 alt (kick hands front)/BR on 1:00
	6:00	FR	3x50 FR on 1:45	BR	4x100 BR on 2:00	BR	5x100 BR on 1:45
	6:15	BK	3x50 BK on 1:30	BK	5x100 FR on 1:30	BK	3x200 FR on 2:30
	Yards		1200		3250		4600
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/IM on 2:30	K	5x100 FR/IM on 2:00
	5:45	BK	3x50 BK on 1:45	SWBR	8x50 alt (kick hands back)/(1"air) on 1:00	SWBR	10x50 alt (kick hands back)/(1"air) on 1:00
	6:00	FR	3x50 FR on 1:30	BR	4x150 BR on 2:45	BR	3x200 BR on 3:30
	6:15	SP	4x25 sprnt FR on 1:00	SP	3x50 FR sprnt on 1:00	SP	5x50 FR sprnt on :45
	Yards		1100		2850		3850
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	4x200 IM K on 4:15	K	5x200 IM K on 3:30
	5:00	K		K		K	
	5:15	SWFR	6x25 alt (finger drag)/(head in line spine) on 1:00	IM	4x100 IM on 2:15	IM	5x100 IM on 2:00
	5:30	FR	6x50 FR on 1:30	SWBR	5x50 alt (sreamline kick)/(pull kick glide 3 cnt) on 1:15	SWBR	6x50 alt (sreamline kick)/(pull kick glide 3 cnt) on 1:00
	5:45	IM	SAME==>	BR	3x100 BR on 2:00	BR	3x100 BR on 1:45
	6:00	FR	SAME==>	BK	4x100 BK on 2:00	BK	5x100 BK on 1:45
	6:15	G	SAME==>	G	SAME==>	G	Dimes
	Yards		750		2150		2600

3050

8250

11050