

# Weekly Workout: Distance Week 4/5

12/19/2011		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	300 Record Time	LQS	1000 Record Time	LQS	30 min Swm record dist
	5:15	FR	3x50 FR on 1:30	LQS		LQS	
	5:30	K	4x50 K FR on 1:45	BR	5x100 BR/FR on 3:00	BR	6x100 BR/FR on 2:15
	5:45	SWFR	4x50 alt zipper/FRK on 1:45	K	5x100 IM K on 2:45	K	4x200 IM K on 4:00
	6:00	FR	3x50 FR on 1:45	IM	6x100 IM on 2:30	IM	4x200 IM on 3:30
	6:15	BK	3x50 BK on 1:30	BK	4x100 BK on 2:15	BK	4x100 BK on 1:50
	Yards			1300		3300	
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	SWBK	4x50 alt FashionModel/ (25ra25la) on 1:30	X	6x100 FR Lowest Interval. Record Interval.	X	6x100 FR Lowest Interval. Record Interval.
	5:15	BK	4x50 BK on 1:30	K	8x50 FL/FR on 1:15	K	6x100 FL/FR on 2:00
	5:30	K	2x50 K BK on 1:45	SWFL	3x(50ralaba/50Kfrbl) on 1:20/50 pace	SWFL	4x(50ralaba/50Kfrbl) on 1:00/50 pace
	5:45	BK	3x50 BK on 1:45	FL	6x50 FL on 1:30	FL	4x100 FL on 2:00
	6:00	FR	3x50 FR on 1:30	FR	4x100 FR on 2:00	FR	5x100 FR on 1:40
	6:15	SP	4x25 sprnt FR on 1:00	SP	6x50 FR/FL on 1:20	SP	8x50 FR/FL on 1:00
	Yards			1100		2900	
Thur	4:30						
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x100 K FR/BK on 4:00	K	4x200 IM K on 4:15	K	6x200 IM K on 3:30
	5:00	K		K		K	
	5:15	SWFR	6x25 alt (finger drag)/(head in line spine) on 1:00	SWFL	6x(503ra3la3ba/25Kls/s5Krs) on 1:20/50 pace	SWFL	6x(503ra3la3ba/25Kls/s5Krs) on 1:00/50 pace
	5:30	FR	6x50 FR on 1:30	FL	4x75 FL on 2:15	FL	4x125 FL on 2:30
	5:45	IM	<del>3x100 IM on 2:30</del>	IM	3x100 IM on 2:30	IM	3x100 IM on 1:45
	6:00	FR	<del>3x100 FR on 1:50</del>	FR	3x100 FR on 1:50	FR	3x100 FR on 1:35
	6:15	G	SAME==>	G	SAME==>	G	Sharks/Minnows
	Yards			850		2300	
			3250		8500		11600