

Weekly Workout: Distance Week 5/5

12/26/2011		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	4x100 K FR on 2:15	K	5x100 K FR on 1:50
	5:00	LQS	200 Record Time	LQS	500 Record Time	LQS	1000 Swm record time
	5:15	FR	3x50 FR on 1:30	BR	5x100 BR on 3:00	BR	3x200 BR on 4:30
	5:30	K	4x50 K BK on 1:45	BK	5x100 BK on 2:45	BK	3x200 BK on 3:30
	5:45	BK	4x50 BK on 1:30	K	4x100 IM K on 2:45	K	3x200 IM K on 4:30
	6:00	FR	3x50 FR on 1:45	IM	5x100 IM on 2:30	IM	4x200 IM on 4:00
	6:15	BK	3x50 BK on 1:30	BK	4x100 BK on 2:15	BK	5x100 BK on 1:50
	Yards		1200		3200		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 4:30	K	4x200 K FR/FL on 3:40
	5:00	FR	4x50 FR on 1:45	FR	4x100 FR on Xtst +:30	FR	5x100 FR on Xtst +:15
	5:15	BK	4x50 BK on 1:30	FL	8x50 FL on 1:45	FL	5x100 FL on 2:15
	5:30	K	2x50 K BK on 1:45	K	4x100 FL/FR on 2:45	K	5x100 FL/FR on 2:15
	5:45	BK	3x50 BK on 1:45	FL	12x25 FL on 1:00	FL	8x50 FL on 1:00
	6:00	FR	3x50 FR on 1:30	FR	3x100 FR on Xtst +:15	FR	4x100 FR on Xtst +:10
	6:15	SP	4x25 sprnt FR on 1:00	SP	6x50 sprnt FR/FL on 1:20	SP	8x50 sprnt FR/FL on 1:00
	Yards		1100		2700		3500
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	5x200 IM K on 3:30
	5:00	K		K		K	
	5:15	BK	3x50 BK on 1:45	IM	3x100 IM on 2:15	IM	2x200 IM on 3:30
	5:30	FR	6x50 FR on 1:30	FL	6x50 FL 1:45	FL	2x200 FL on 4:00
	5:45	IM	3x50 IM on 1:45	BK	3x100 BK on 2:15	BK	2x200 BK on 3:30
	6:00	FR	3x50 FR on 1:45	BR	3x100 BR on 2:30	BR	2x200 BR on 4:00
	6:15	G	SAME==>	FR	3x100 FR on 2:00	FR	2x200 FR on 3:15
	Yards		850		2400		3000

3150

8300

11100