

Weekly Workout: IMprovement Week 3/4

1/16/2012		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 w/fins	K	3x200 IM K on 4:30 w/fins	K	4x200 IM K on 3:45 w/fins
	5:00	LQS	200 Record Time	FR	5x100 on Xtest + :20	FR	7x100 on Xtest + :15
	5:15	FR	3x50 FR on 1:30	SWBR	4x(25Khandfrs,25khandbk,25kstream,25BR) on 3:00	SWBR	5x(25Khandfrs,25khandbk,25kstream,25BR) on 2:45
	5:30	K	4x50 K BK on 1:45 NO FINS	BR	5x100 BR on 2:30	BR	7x100 BR on 2:00
	5:45	BK	4x50 BK on 1:30	K	8x(25E,25H) K IM order on 1:30 NO FINS	K	12x(25E,25H) K IM order on 1:00 NO FINS
	6:00	FR	3x50 FR on 1:45	FR	5x100 FR on 2:15	FR	4x200 FR on 3:15
	6:15	BK	3x50 BK on 1:30	IM	6x100 IM on 2:30	IM	4x200 IM on 3:30
	Yards		1200		3500		4900
Tues	4:30		Time: 42		Time: 101		Time: 106
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	2x100 K FR on 3:30 w/fins	K	12x50 K IM order on 1:15 w/fins	K	16x50 K IM order on 1:00 w/fins
	5:00	FR	4x50 FR on 1:45	FR	3x(100 FR H on 2:30, 100 FR E on 3:00)	FR	4x(100 FR H on 1:30, 100FR E on 1:45)
	5:15	BK	4x50 BK on 1:30	SWBR	3x(50pullhandswide,50Kstr etch3cnt) on 3:00	SWBR	4x(50pullhandswide,50Kstr etch3cnt) on 2:45
	5:30	K	2x50 K BK on 1:45 NO FINS	BR	5x100 BR on 2:30	BR	3x200 BR on 3:45
	5:45	BK	3x50 BK on 1:45	K	4x100 K IM order on 2:30 No Fins	K	4x150 K IM order on 2:45 No Fins
	6:00	FR	3x50 FR on 1:30	IM	4x100 IM on 2:30	IM	5x100 IM on 2:00
	6:15	SP	4x25 sprnt FR on 1:00	SP	8x25 sprnt IM order	SP	12x50 sprnt IM order
	Yards		1100		3000		4300
Thur	4:30		Time: 41		Time: 90		Time: 92
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x100 K FR/BK on 3:00 w/fins	K	3x(4x100 K IM order on 2:15) w/fins	K	2x(4x200 K IM order on 3:30) w/fins
	5:00	K		K		K	
	5:15	SWBK	4x25 BK pull lane line on 1:00	FR	4x100 FR on 2:30	FR	5x100 FR on 1:45
	5:30	BK	4x50 BK on 1:45	FR	6x50 FR on 1:30	FR	10x50 FR on :50
	5:45	SWFR	4x(25 zipper, 25 finger drag) on 2:00	IM	4x100 IM on 2:30	IM	2x(200 IM on 3:30, 100 IM on 1:50)
	6:00	FR	6x50 FR on 1:30	FR	2x100 FR on 3:00	FR	2x150 FR on 2:30
	6:15	G	SAME==>	G	SAME==>	G	
	Yards		1200		2500		3500
		Time: 44		Tme: 68		Time: 67	