

# Weekly Workout: IMprovement Week 4/4

1/23/2012		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	300 Record Time	LQS	1000 yd swim	LQS	30 Minute Swim
	5:15	FR	3x50 FR on 1:30	LQS		LQS	
	5:30	K	4x50 K BK on 1:45 NO FINS	K	8x(25E,25H) K IM order on 1:30 NO FINS	K	12x(25E,25H) K IM order on 1:00 NO FINS
	5:45	BK	5x50 BK on 1:30	SWFL	4x(25rsidek,25LsideK,50-3ralaba)	SWFL	6x(25rsidek,25LsideK,50-3ralaba)
	6:00	FR	4x50 FR on 1:45	FL	8x50 Fly on 1:30	FL	6x100 FL on 1:45
	6:15	BK	3x50 BK on 1:30	IM	5x100 IM on 2:45	IM	4x200 IM on 3:15
	Yards			1300		3300	
Tues	4:30		Time: 53		Time: 97		Time: 102
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	2x100 K FR on 3:30 w/fins	K	8x50 K IM order on 1:30 NO FINS	K	12x50 K IM order on 1:10 NO FINS
	5:00	FR	5x50 FR on 1:45	BK	5x100 BK on 2:45	BK	7x100 BK on 2:00 (90%)
	5:15	BK	5x50 BK on 1:30	SWFL	6x(25Rarm,25Larm,50-3ralba)	SWFL	8x(25Rarm,25Larm,50-3ralba)
	5:30	K	2x50 K BK on 1:45 NO FINS	FL	6x75 FL on 2:00	FL	6x125 FL on 2:15
	5:45	BK	3x50 BK on 1:45	K	4x125 K IM order on 3:45 w/fins (125 straight each kick)	K	4x200 K IM order on 3:45 w/fins (200 straight each kick)
	6:00	FR	3x50 FR on 1:30	IM	5x100 IM on 2:45	IM	7x100 IM on 2:00
	6:15	SP	4x25 sprnt FR on 1:00	SP	8x50 Sprnt IM order on 1:30	SP	12x50 SP IM order on 1:00
	Yards			1200		3350	
Thur	4:30		Time: 45		Time: 87		Time: 104
	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 [100 straight each kick]	K	2x(4x200 K IM order on 3:30) w/fins [200 straight each kick]
	5:00	K		K		K	
	5:15	SWBK	4x25 BK pull lane line on 1:00	BK	3x100 BK on 2:30	BK	3x100 BK on 2:00
	5:30	BK	4x50 BK on 1:45	FR	3x100 FR on 2:15	FR	4x100 FR on 1:45
	5:45	SWFR	4x(25 zipper, 25 finger drag) on 2:00	IM	3x100 IM on 2:30	IM	4x100 IM on 1:50
	6:00	FR	4x50 FR on 1:30	FR	2x150 FR on 3:15	FR	2x200 FR on 3:40
	6:15	G	SAME==>	G	SAME==>	G	
	Yards			1100		2400	
			Time: 41		Time: 61		Time: 62