

# Weekly Workout: Champs Week 1/4

| 1/30/2012 |       | Novice |   | Intermediate |  | Advanced |   |
|-----------|-------|--------|---|--------------|--|----------|---|
| Day       | Time  | Comp   | Set   | Comp         | Set  | Comp     | Set   |
| Mon       | 4:30  | DL     | SAME==>                                       | DL           | SAME==>  | DL       | Stretch                                       |
|           | 4:45  | K      | 2x75 K FR on 2:00                             | K            | 4x150 K FR/FL on 3:30 No Fins (150 straight)   | K        | 4x200 K FR/FL on 3:30 No Fins (200 straight)  |
|           | 5:00  | FR     | 2x100 FR :30 rst                              | FL           | 5x(25ra,25la,25 2-ralaba,25 FL) :30 rst w/fins | FL       | 7x100 FL/FR on 2:00                           |
|           | 5:15  | BK     | 2x100 BK :30 rst                              | FR           | 5x100 FR on Xtest +:15                         | FR       | 7x100 FR on Xtest +:10                        |
|           | 5:30  | K      | 3x50 K FL (Hips NOT knees)                    | K            | 4x100 K BR/BA :30 rst No Fins                  | K        | 6x100 K BR/BA :15 rst No Fins                 |
|           | 5:45  | SWFL   | 3x(25ra,25la breathe side) w/fins :30 rst     | BK           | 5x100 BK on 3:00                               | BK       | 6x100 BK on 2:15                              |
|           | 6:00  | SWFL   | 3x(25 2-ralaba, 25 FR) w/fins :30 rst         | BR           | 4x100 BR on 3:30                               | BR       | 6x100 BR on 2:30                              |
|           | 6:15  | SWST   | Review turn/start FR/BK then 4x50 FR/BK       | SWST         | Review turn/start BR/BK then 6x50 BR/BK        | SWST     | 10x50 BR/BK on 1:00 work starts/turns         |
|           | Yards |        | 1200  |              | 3200   |          | 4500  |
| Tues      | 4:30  |        | Time: 59                                      |              | Time: 108                                      |          | Time: 106                                     |
|           | 6:15  |        |   |              |  |          |   |
|           | Yards |        |   |              |  |          |   |
| Wed       | 4:30  | DL     | SAME==>                                       | DL           | SAME==>  | DL       | Stretch                                       |
|           | 4:45  | K      | 2x75 K BK on 2:30                             | K            | 8x50 K IM order on 1:30 (2@FL/BK/BR/FR)        | K        | 8x50 K IM order on 1:00 (2@FL/BK/BR/FR)       |
|           | 5:00  | BK     | 4x50 BK :15 rst                               | X            | 6x100 FR Shortest Interval & Record            | X        | 6x100 FR Shortest Interval & Record           |
|           | 5:15  | FR     | 4x50 FR :15 rst                               | BR           | 5x100 BR on 3:15                               | BR       | 5x200 BR on 4:00                              |
|           | 5:30  | K      | Review BR K then 3x50 K BR (up, out, around)  | K            | 4x100 K FL/BK/FR/BR on 2:45 w/fins             | K        | 6x150 K FL/BK/FR/FL/FR/BR on 2:15 w/fins      |
|           | 5:45  | SWBR   | 4x(25kickhandsF, 25kickhandsB, 25kickstream)) | FL           | 6x(25ra,25la,50 3-ralaba,25FL) 1:00 rst w/fins | FL       | 6x(25ra,25la,50 3-ralaba,50FL) :30 rst w/fins |
|           | 6:00  | SWBR   | 2x50 BR 3 cnt glide                           | IM           | 4x(100 IM, 50E) :30 rst                        | IM       | 4x(200 IM, 50 E) Dscnd :30 rst                |
|           | 6:15  | SWST   | Review turn/start FL/BR then 4x50 FL/BR       | SWST         | 4x50 FL/FR work turns/starts                   | SWST     | 8x50 FL/FR on 1:00 work starts/turns          |
|           | Yards |        | 1300  |              | 3250   |          | 5200  |
| Thur      | 4:30  |        | Time: 68                                      |              | Time: 102                                      |          | Time: 103                                     |
|           | 6:15  |        |   |              |  |          |   |
|           | Yards |        |   |              |  |          |   |

|     |       |    |                          |    |                             |    |                               |
|-----|-------|----|--------------------------|----|-----------------------------|----|-------------------------------|
| Fri | 4:30  | DL | SAME==>                  | DL | SAME==>                     | DL | Stretch                       |
|     | 4:45  | K  | 4x100 FL/BK/FR/BR w/fins | K  | 5x200 FL/BK/FR/FL/BR w/fins | K  | 5x250 K FL/BK/FR/FL/BR w/fins |
|     | 5:00  | K  |                          | K  |                             | K  |                               |
|     | 5:15  | BK | 3x50 BK on 2:00          | BK | 5x100 BK on 3:15            | BK | 6x100 BK on 2:15              |
|     | 5:30  | FR | 3x50 FR on 2:00          | FR | 5x100 FR on 3:00            | FR | 6x100 FR on Xtest +:10        |
|     | 5:45  | IM | 100 IM                   | IM | 4x100 IM on 3:30            | IM | 6x100 IM on 2:30              |
|     | 6:00  | SP | 4x50 IM order            | SP | 3x50 FR                     | SP | 5x50 FL/FR                    |
|     | 6:15  | G  | SAME==>                  | G  | SAME==>                     | G  | Sharks & Minnows              |
|     | Yards |    | 1000                     |    | 2550                        |    | 3300                          |

Time: 41  
3500

Tme: 86  
9000

Time: 84  
13000