

Weekly Workout: Champs Week 2/4

2/6/2012		Novice		Intermediate		Advanced	
Day	Time	Comp	Set	Comp	Set	Comp	Set
Mon	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x50 K BK/FR on 3:00 no fins	K	4x150 K BK/FR on 4:30 no fins (150 each)	K	4x200 K BK/FR on 3:30 no fins (200 each)
	5:00	BK	4x50 BK H/E on 2:00	BK	8x100 BK/FR on 3:30 90% race pace	BK	11x100 BK/FR on 2:30 90% race pace
	5:15	BK		BK		BK	
	5:30	K	6x50 K FR on 2:30 w/fins	K	5x(50H,50E) K FR on 3:00per100 w/fins	K	7x(50H,50E) K FR on 2:00per100 w/fins
	5:45	SWFR	2x(25 R HILS, 25 L HILS, 50 zipper)	SWFR	4x(25 R HILS, 25 L HILS, 50 zipper)	SWFR	6x(25 R HILS, 25 L HILS, 50 zipper)
	6:00	FR	6x50 FR on 2:00	FR	8x100 FR on 3:30 90% race pace	FR	14x100 FR on 2:00 90% race pace
	6:15	FR		FR		FR	
	Yards		1200		3100		4600
Tues	4:30		Time: 59		Time: 109		Time: 109
	6:15						
	Yards						
Wed	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x50 K FL/BR on 3:30 no fins	K	4x150 K FL/BR on 4:30 no fins (150 each)	K	4x200 K FL/BR on 3:30 no fins (200 each)
	5:00	SWFL	2x(25ra,25la,25 3-ralaba) w/fins	FL	8x50 FL/FR on 1:45 75%	FL	6x125 FL/FR on 2:30 75%
	5:15	SWBR	2x(25KhandF,25KhandB, 25KStreamline)	BR	5x100 BR on 3:00 75%	BR	6x100 BR on 2:15 75%
	5:30	K	4x(25H,25E) K FR on 2:00per50 w/fins	K	10x(25H,25E) K FR on 1:30per50 w/fins	K	14x(25H,25E) K FR on 1:00per50 w/fins
	5:45	SWFR	2x(25 R HILS, 25 L HILS, 50 finger drag)	SWFR	4x(25 R HILS, 25 L HILS, 50 finger drag)	SWFR	6x(25 R HILS, 25 L HILS, 50 finger drag)
	6:00	FR	3x50 FR on 2:00	FR	5x100 FR on 3:00	FR	8x100 FR on 1:45 80%
	6:15	SP	4x25 sprnt FR/BK	SP	8x25 sprnt IM order	SP	12x50 sprnt IM order on 1:30
	Yards		1150		3100		4850
Thur	4:30		Time: 61		Time: 112		Time: 114
	6:15						
	Yards						
Fri	4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
	4:45	K	4x100 FL/BK/FR/BR w/fins on 4:00	K	5x200 FL/BK/FR/BK/BR w/fins on 4:30	K	8x150 K IM order on 3:30 w/fins [2x(150 FL/BK/BR/FR)]
	5:00	K		K		K	
	5:15	SWFL	4x(25 3-ralaba, 25FL)	FL	8x50 FL/FR on 1:30	FL	10x50 FL/FR on 1:00
	5:30	SWBR	4x(25KStreamline,25 BR)	BR	8x50 BR/FR on 1:45	BR	10x50 BR/FR on 1:15
	5:45	IM	3x100 IM 1:30 rest, 50 wd choice	IM	8x100 IM/FR on 3:30	IM	7x200 IM/FR on 3:15
	6:00	IM		IM		IM	
	6:15	G	SAME==>	G	SAME==>	G	
	Yards		1150		2600		3600

Time: 44
3500

Tme: 85
8800

Time: 81
13050