
WU: 400 Free Stream Line past the Flags
4 X 50 Free Drill @ 1:00
300 Kick Streamline on Bk @ 6:00
4 X 50 Bk Drill @ 1:00
200 IM @ 3:00
4 X 50 Free Uptempo Drill @ :45
100 Free Build Under 1:10
5 X 50 Bk Uptempo Drill @ :50
1800

Pre: 3 X 400 Pull
Dec 1-3

1. W/snorkel @ 5:00
2. Just Pad & Buoy
3. Paddles Only

1200
3000

Pre: **2 X**
3 X 100 Free
1 @ 1:20
2 @ 1:15
3 @ 1:10

2 X 200 2:50
STK

300 Free Under 3:30

2000
5200

Main: 12 X 200 Broken
3 X
1. 200 All Out @ 4:00
2. 2 X 100 w/:20 Sec Rest
3. 4 X 50 w/:10 Sec Rest
4. 8 X 25 w/:05 Sec Rest
200 Ez BTW Rnds

Rnd 1 Free
Rnd 2 STK
Rnd 3 Choice

3000
8200

WD: 4 X 100 @ 1:30 Free
Breathing 3,4,5,6 by 25

Totals: 8600

Notes:

CC- Coaches Call **STK** -Stroke
K- Kick **P-** Pull **P/P-** Pull w/ Paddles
RIMO- Reverse IM order **IMO-** IM order
DR- Drill **BLD-**Build **U/H20-**Under H2O

Lanes: 1 & 2		3 & 4	5 & 6
WU:		400 SLFPF	400 SLFPF
400 Stream Line Feet Past Flags			
Pre:		2:10	2:20
6 X 125 1:50/2:00			
Odds Free			
Evens Rolling IM			
<u>750</u>			
1150			
Main:			
4x: WILDCATS			
200 IM @ 3:00		3:10	3:15
Dec 1-4			
70, 80, 90, 100%			
2 X 100 @ 1:15		1:20	1:25
Make cycle by 10 sec			
4 X 50 @ :45 All Out		:45	:50
Odd Free			
Even Stroke			
<u>2400</u>			
3550			
500 w/ Paddles Hyp 5 @ 7:30		8:00	8:00
<u>500</u>			
4550			
10 X 50 @ :35		:40	:45
Make by 5 Sec			
Rest :20 Sec @ #5			
<u>500</u>			
5050			
WD:		3:00	3:00
2 X 200 Free			
50 Drill/Swim			
Totals:			
5450			

Notes:

(CC-Coaches Call FPF-Feet Past Flags
K- Kick P/P- Pull w/ Paddles
RIMO- Reverse IM order IMO- IM order
DR- Drill BLD-Build U/H20-Under H2O

Lanes: 1 & 2				3 & 4				5 & 6			
WU:											
	200 Free				200 Free				200 Free		
	200 Back				200 Back				200 Back		
	200 Breast				200 Breast				200 Breast		
	200 IM				200 IM				200 IM		
800											
	6 X 50		1:15		1:20				1:30		
	Rotation Drill										
<u>300</u>											
1100											
	20 X 25	Variable	0:30		20 X 25	Variable	0:30		20 X 25	Variable	0:35
<u>500</u>		W/fins				W/fins				W/fins	
1600	1. Ez/Fast				1. Ez/Fast				1. Ez/Fast		
	2. Fast/Ez				2. Fast/Ez				2. Fast/Ez		
	3. All Ez				3. All Ez				3. All Ez		
	4. All Fast				4. All Fast				4. All Fast		
Pre:											
	PRE TEST				PRE TEST				PRE TEST		
	3 X 100	FR	3:00		3 X 100	FR	3:00		3 X 100	FR	3:00
		ALL OUT				ALL OUT				ALL OUT	
<u>300</u>											
1900											
Main:											
	12 X 75	FR	1:15		12 X 75	FR	1:15		8 X 75	FR	1:15
		2 build				2 build				2 build	
		1 Fast				1 Fast				1 Fast	
<u>900</u>		1 EZ				1 EZ				1 EZ	
2800											
	4 X 50	Stroke	1:00		2 X 50	Stroke	1:05		2 X 50	Stroke	1:20
	Dec 1-4				1 X 100	Stroke	2:10		1 X 100	Stroke	2:40
	2 X 100	Stroke	2:00								
	Up Tempo										
<u>400</u>											
3200											
WD:											
	200 EZ				200 EZ				200 EZ		
	Starts/Turns				Starts/Turns				Starts/Turns		
Totals:											
	3400										

Notes:

CC- Coaches Call STK -Stroke
K- Kick P- Pull P/P- Pull w/ Paddles
HPY- Hypoxic Breathir U/T- Up Tempo
RIMO- Reverse IM order IMO- IM order

FCA
Mid Season
Novice Workout

Lanes:	2 & 3	4	5 & 6
WU:	400 100 free 100 free K w/board 100 choice 100 choice K w/board	Same	Same
Pre:	200 IM DR 50 FL 3-3-3 50 BK should roll 50 BR br pull fr kick 50 FR 8 K fingerdrag	Same	Same
	<u>200</u> 600		
Main:	5 x 50 1:15 Free Holding Best Avg 100 Ez	5 x 50 1:45	4 x 50 2:00
	2 x 100 2:45 IM Swim 100 Ez	2 x 100 3:30	2 x 100 4:00
	<u>550</u> 1150		
WD:	8 X 25 Drill @ 1:00 Coaches Pick Drill	Same	Same
Totals:	1350		

Notes:

CC- Coaches Call **STK**-Stroke
K- Kick **P-** Pull **P/P-** Pull w/ Paddles
RIMO- Reverse IM order **IMO-** IM order
DR- Drill **BLD**-Build **U/H2O**-Under H2O