



## Swims for Thanksgiving week 2022

### Monday

#### Warm up 1100

4 x 150 2:45 [2:30]

6 x 50 1:15 [1:05] stroke 2 of each

4 x 50 1:00 [:50] desc 1-4

#### Freestyle set 1500

2 x 400 6:30 [5:45] long & strong

2 x 200 3:10 [3:00] neg split

2 x 100 1:40 [1:30] desc 1-2

2 x 50 :50 [:45] strong

#### Kick set 300

3x

1 x 50 1:30 [1:15] 25easy/25fast

1 x 50 1:30 [1:15] 25fast/25easy

1:00 [vertical kick]

#### Main set 900

3x

1 x 100 2:00 [1:45] easy

1 x 50 1:15 [1:15] fast

1 x 50 1:15 [1:15] easy

1 x 100 2:00 [1:45] fast

[Fast swims: RD1 best stroke, no free, RD2-3 choice]

#### Warm down

4 x 50 1:00

Total: 4000

## **Tuesday**

### **Warm up 1800**

4 X 100 free 2:00

4 X 50 kick 1:15

4 X 100 free 1:50

4 X 50 kick 1:10

4 X 100 free 1:40

4 X 50 kick 1:10

### **Stroke Set 1000**

4X

1 X 100 2:30

3 X 50 1:15

Swim the set 4 times through.

Stroke

Break between rounds.

### **Freestyle Set 1600**

4X

1 X 200 free 3:30

4 X 50 descend 1-4 1:15

Swim the set 4 times through.

50's are choice.

### **Sprint Set 200**

4 X 50

25 sprint/25 easy

### **WARM DOWN:**

4 X 50 easy 1:00

## **4800M**

### **Swims for the week of November 28, 2022**

#### **Monday**

##### **Warm up 1100**

2 x 200 [3:30]

6 x 50 [1:15] 25fist drill/25swim

4 x 100 [2:30] IM or 50st/50fr

**Main set 1200**

3x

1 x 300 [6:15] 1st 100 kick, 2nd stroke, 3rd free

1 x 100 [2:30] strong

[100s: RD1 kick, RD2 stroke, RD3 choice]

**Sprint set 1800**

2x

1 x 50 [1:15] easy

2 x 50 [1:15] sprint

1 x 50 [1:15] easy

3 x 50 [1:15] sprint

1 x 50 [1:15] easy

4 x 50 [1:15] sprint

1 x 50 [1:15] easy

5 x 50 [1:15] sprint

[All swims choice]

**Warm down**

4 x 50 1:00

**Total: 4300****Tuesday****Warm up - 1000**

4 x 150 2:45

4 x 50 1:15 stroke

4 x 50 1:00 desc

**Main set - 1600**

4x.....intervals left to right by round

1 x 100 2:30 [2:15] [1:45] 25fast/75easy

1 x 100 2:30 [2:15] [1:45] 50fast/50easy

1 x 100 2:30 [2:15] [1:45] 75fast/25easy

1 x 100 2:30 [2:15] [1:45] fast

[RD1 kick, RD2/3 stroke/IM, RD4 free]

**Free/pull set - 1200**

16 x 50 1:00 pace  
1 x 400 strong

**Warm down**

4 x 50 1:00

**Total: 4000**

**Wednesday**

**Warm up 1100**

1 x 300 5:15 [4:45]  
2 x 150 3:15 [3:00] 75IM/75free  
3 x 100 1:45 [1:30]  
4 x 50 1:00 [1:00] up tempo

**Kick set 600**

3 x 100 2:30 [2:15]  
6 x 50 1:20 [1:15] desc 1-3/4-6

**Main set 1000**

5x

1 x 50 1:15 [1:15] easy free  
1 x 50 1:15 [1:15] drill  
1 x 100 2:15 [2:15] fast  
[RD1 fly, RD2 back, RD3 brst, RD4 free, RD5 IM]  
[Fly drill: hands/arms underwater recovery...similar to breaststroke pullout]  
[Back drill: double-arm swim]  
[Brst drill: 2 kicks, 1 pull, breathe only during arm cycle]  
[Free drill: catch-up]

**Freestyle/pull set 1200**

1 x 300 4:30 [4:15] long & strong  
3 x 100 1:45 [1:30] desc 1-3  
6 x 50 :55 [:50] desc 1-3/4-6  
6 x 50 :45 [:40] desc 1-3/4-6

**Warm down**

4 x 50 1:00

**Total: 4100**

**Thursday**

**Warm up 1200**

3 x 100 2:00 [1:45]

6 x 50 1:15 [1:15] stroke

3 x 100 1:45 [1:30]

6 x 50 1:00 [1:00] choice

**Kick set 500**

5 x 100 2:30 [2:15] last 25 fast

**Sprint set 800**

4x

1 x 100 2:15 [2:00] easy

1 x 100 2:15 [2:00] fast

[RD1 IM, RD2 best stroke, RD3 stroke choice, RD4 free]

**Freestyle/pull set 1400**

4x

1 x 200 3:20 [3:00] long & strong

1 x 50 1:00 [1:00]

1 x 50 :50 [:50]

1 x 50 :40 [:40]

**Warm down**

4 x 50 1:00

**Total: 4100**

**Friday**

**Warm up - 1200**

2 x 200 3:45 [3:30]

4 x 100 2:15 [2:00] IM

4 x 100 1:45 [1:30]

**Main set - 1800**

4 x 50 1:20 [1:15] kick  
4 x 50 1:15 [1:10] kick  
4 x 50 1:10 [1:05] kick  
:30 rest  
4 x 50 1:15 [1:15] breast  
4 x 50 1:05 [1:00] back  
4 x 50 1:00 [:55] fly  
:30 rest  
4 x 50 1:00 [1:00] free  
4 x 50 :50 [:50] free  
4 x 50 :40 [:40] free

**Free/pull set - 1200**

1 x 400 6:20 [6:00] long & strong  
2 x 200 3:10 [2:45] neg split  
4 x 100 1:35 [1:20] desc

**Warm down**

4 x 50 1:00

**Total: 4400**

**Saturday****Warm up - 1200**

1 x 200 3:45  
6 x 50 1:15 25catch-up/25swim  
1 x 200 3:30  
6 x 50 1:15 stroke 2 of each  
1 x 200 3:30

**Kick set - 400**

8 x 50 1:20 kick, 25fast/25easy

**Main set - 1200**

12 x 50 1:20 stroke, alt 2 fast/ 1 easy  
12 x 50 1:10 free, alt 2 fast/ 1 easy

**Free/pull set - 1000**

3 x 100 1:40 long & strong  
3 x 100 1:35 last 25 strong  
3 x 100 1:30 desc 1-3  
:30 rest  
1 x 100 best effort

**Warm down**

4 x 50 1:00

**Total: 4000**