

Training Log - September 2018

Week	Date	Mins	Length	Practice	Comments	Total
1	Tue 4 Sept	60	25m	400 free		400
				400 free as 50 kick, 50 swim		400
				400 reverse IM as 50 drill, 50 swim		400
				8x50 dolphin kick with fins as 25 side, 25 back	big undulations, core work mostly	400
				4x50 free as 25 swim, 25 catch up drill	(really helps with constant kicking)	200
				300 alt 50s Fly and Back as 25 drill, 25 swim		300
				4x50 breast kick with board	ankles cramping, strange!	200
				100 easy recovery		100
						2400
1	Thur 6 Sept	60	25m	400 free		400
				8x50 free breathing alt 50s 4L4R and 3/5	practice breathing on weaker side	400
				200 FLY! as 25 single arm, 25 swim	my choice... no fins	200
				6x50 dolphin kick with fins as 25 side, 25 back		300
				2x200 pull - working on less glide / higher tempo		400
				4x50 as 25 head up free, 25 DPS		200
				6x50 swim IM spin		300
				100 easy recovery		100
						2300
1	Sun 9 Sept	90	25y	200 free		200
				100 fly kick underwater		100
				200 free pull		200
				100 free kick with board		100
				200 FLY! as 25 single arm, 25 swim	my choice... no fins	200
				100 breast kick		100
				200 as 25 scull, 25 free		200
				100 fly kick underwater		100
				8x50 IM on 1.00 start in middle do 2 turns		400
				300 IM kick, 100 each fly-back-breast		300
				8x50 FLY on 1.00 as 50 drill, 50 swim		400
				50 easy		50
				4x100 free on 1.50	1.18, 1.16, 1.16, 1.15	400
				4x100 free on 2.00	1.15, 1.15, 1.15, 1.15	400
				4x100 free on 1.40	1.15, 1.14, 1.12, 1.14	400
				100 easy		100
						3650
2	Tue 11 Sept	60	25m	300 easy as 50 free, 50 back, 50 breast		300
				200 free as 75 pull, 25 scull		200
				100 kick on back		100
				3x100 free as 50 swim, 50 kick		300
				6x50 fly alt 50s single arm and swim		300
				3x100 free pull on 1.45	held around 1.35s	300
				2x100 free pull on 2.00	focus on constant catch	200
				3x100 free pull on 1.40	so less glide	300
				300 IM	75s each	300
				6x50 fly on 1.00	all 50s	300
				100 easy recovery		100
						2700
2	Thur 13 Sept	60	25m	3x200 as 100 free, 100 IM		600
				2x200 pull as 175 free, 25 back	really helps back rotation	400
				100 IM kick		100
				4x75 swim on 1.40 IM order		300
				6x50 free on 1.00 as 2 kick, 2 pull, 2 swim		300
				6x50 Fly on 1.00 as 2 kick, 2 pull, 2 swim	pull = single arm	300
				6x50 Fly on 1.00 as 2 kick, 2 pull, 2 swim	pull = single arm	300
				200 easy recovery		200
						2500
2	Sun 16 Sept	60	25m	300 easy as 50 free, 50 back, 50 breast		300
				200 free as 75 pull, 25 scull		200
				100 free as 25 kick, 25 swim		100
				4x75 swim on 1.40 IM order		300
				300 IM	75s each	300
				4x75 swim on 1.40 IM order		300
				6x50 fly on 1.00	45 slowing to mid 50s	300
				200 easy recovery		200
						2000
3	Mon 17 Sept	20	50m	200 free swim		200
				200 back as 25 kick, 75 swim		200
				200 breast as 50s kick, drill, swim easy, faster		200
				200 fly with fins		200
				200 IM		200
						1000
3	Tue 18 Sept	60	25m	400 swim as 75 free, 25 back		400
				300 pull as 75 free, 25 scull	constant catching	300
				200 kick as 25 breast, 25 free		200
				100 easy breast		100
				12x25 turn practice (2 free, 2 fly) on 0:35	quick feet	300
				4x (5x50 as 2 fly, 2 free, 1 easy back)	fly on 1.05, free on 55s	1000
				1. swim 2. pull 3. swim 4. kick		
				100 easy back		100
						2400
3	Thur 20 Sept	60	25m	300 swim as 200 free, 100 back		300
				100 free kick		100
				200 free pull		200
				100 kick breast		100
				200 IM drill		200
				400 free pull, DPS	early catch, start catch higher	400
				2x200 free swim on 3.30	around 3.00s	400
				4x100 IM on 2:00	around 1.37s	400
				8x50 swim as odds Free on 0.55, evens IMo on 1.05		400
				100 easy recovery		100
						2600
3	Sun 23 Sept	80	25y	500 easy as 100 free, 25 IMo		500
				400 fly as 150 single arm, 50 kick		400
				300 IM as 25s kick, drill swim (75 each stroke)		300
				200 back as 75 swim, 25 scull		200
				100 IM working on underwater		100
				5x (3x100 as fly kick on 2.00, IM swim on 1.50, free on 1.40)		1500
				*holding 1.20s for IM, 1.15s Free		
				3x (4x100 free swim) on 1.30, 1.40, 1.20	all 1.13 - 1.15s	1200
				200 easy recovery		200
						4400
4	Mon 24 Sept	20	50m	200 free swim		200
				200 back swim		200
				200 breast as 50s kick, drill, swim easy, faster		200
				200 fly with monofin		200
				200 IM		200
						1000
4	Tue 25 Sept	60	25m	100 free swim		100
				150 kick		150
				200 IM drill		200
				250 free pull		250
				300 as 75 swim, 25 drill	100s free, back, breast	300
				1x100 free on 1.40		100
				2x50 free on :50		100
				4x25 free on :30		100
				1x100 free on 1.40		100
				2x50 free on :50		100
				4x25 free on :30		100
				2x200 pull descending on 3:40		400
				2x200 swim descending on 3:40	last rep 2.55 way faster than expected	400
				4x75 fly with fins as 25 dolphin on back, 50 single arm tempo		300
						2700
4	Thur 27 Sept	60	25m	3x100 free on 1.55		300
				3x100 free pull on 1.55		300
				3x100 backstroke as 75 easy, 25 tempo		300
				1x200 free on 3.40 - hold 45s pace	2.58	200
				2x100 free on 1.50	1:30s	200
				4x50 free on 0.55	45s	200
				1x200 pull on 3.40		200
				2x100 pull on 1.50		200
				4x50 pull on 0.55		200
				2x50 dolphin kick on 1.20		100
				2x50 fly on 1.10		100
				2x50 free on 1.00		100
				2x50 dolphin kick on 1.20		100
				2x50 fly on 1.10		100
				2x50 free on 1.00		100
						2700
4	Sun 30 Sept	90	25y	500 as 350 free swim, 150 fly kick		500
				400 free on 6:00	5:00	400
				400 alt 100s kick, catch up, pull, finger drag		400
				2x200 free on 3:00	2:25s	400
				400 alt 100s kick, catch up, pull, finger drag		400
				4x100 free on 1:30	1:13s	400
				150 easy		150
				10x50 fly kick on 1:15		500
				10x100 IM on 2:00 (alt normal, reverse)	1.17s with a 1.10 on the final rep	1000
				150 easy		150
						4300