**August 17th 2019**

Focus: 75s @ race pace - pace based on 0.9 (olympic) 1.2 (half iron) or 2.4 (full iron)

**Warm Up**

3 x 200 swim kick pull

**Get Ready**

10 x 50 rotate 25 fast - last 50 ez

**Main Set**

Lanes 1 & 2

2 x {

 100 build to max

 4 x 75 A3/A3+ @ 15 sec rest

 100 EZ

}

Lane 3

3 x {

100 build to max

 4 x 75 A3/A3+ @ 15 sec rest

 100 EZ

}

Lane 4

4 x {

100 build to max

 4 x 75 A3/A3+ @ 15 sec rest

 100 EZ

}

**Warm Down**

200 EZ

**Yardage**

Lanes 1&2 - 2300

Lane 3 - 2800

Lane 4 - 3300

**August 24th 2019**

Focus: HBA 200’s (or 150s) @ 10 sec rest - aim for race pace

**Warm Up**

400 EZ swim

**Get Ready**

12 x 50:

1 x {

 4 x catch up

 4 x A2+

 4 x catch up

}

**Main Set**

Lanes 1 & 2

2 x {

4 x 150 A3+ @ 10 sec rest

 100 ez

}

Lane 3

2 x {

 4 x 200 A3+ @ 10 sec rest

 100 ez

}

Lane 4

3 x {

 4 x 200

 100 ez

}

**Warm Down**

200 ez

**Yardage**

Lanes 1&2 - 2600

Lane 3 - 3000

Lane 4 - 3900

**September 6th 2019**

Focus: Freestyle Drills - front quadrant swimming; sets of 50s descend to A4 ALL OUT SPRINT FULL SEND ONLY

**Warm Up (600)**

200 swim

200 kick

200 pull

**Get Ready (500)**

10 x 50 rotate 25 fast - last 50 ez

**Drill Set (400)**

4 x 25 fingertip drag

2 x 50 swim

4 x 25 fingertip drag

2 x 50 swim

**Main Set**

Lanes 1 & 2 (400)

2 x {

 4 x 50s descend to MAX (A3+/A4)  - Rest: wait for lane + 20 seconds rest

}

Lane 3 (600)

2 x {

4 x 75 descend to MAX (A3+/A4) - Rest: wait for lane + 20 seconds rest

}

Lane 4 (900)

3 x {

 4 x 75 descend to MAX (A3/A3+/A4) - Rest: wait for lane + 20 seconds rest

}

**Warm Down (200)**

200 ez

**Yardage**

Lanes 1&2 - 2200

Lane 3 -  2400

Lane 4 - 2700

**September 14th 2019**

Focus: 500 Time Trial

**Warm Up (600)**

6 x 100 (at least two kick)

**Time Trial**

500 for time

**Main Set**

32 x 50 {

 2 x drill

 2 x swim

 2 x drill

 2 x swim

}

Drills:

 6 kick switch

 6 - 3 - 6

 Fingertip Drag

 Catch up

**Warm Down (200)**

200 ez

**September 20th 2019**

Focus:

**Warm Up (600)**

300 Swim

6 x 50 EOO Kick

**Get Ready (600)**

12 x 50 Desc. in sets of 3

**Main Set**

Lanes 1 & 2 (900)

6 x 100 Descend by 2

 2 @ A2

 2 @ A3

 2 @ A3+/A4

6 x 50 Descend by 2

Lane 3 (1200)

2 x {

 6 x 100 Descend by 2

}

Lane 4 (2800)

3 x {

 6 x 100 Descend by 2

}

**Warm Down (200)**

200 ez

**Yardage**

Lanes 1&2 - 2300

Lane 3 -  2600

Lane 4 - 2700

**September 28th 2019**

Focus: breathing

**Warm Up (600)**

200 Swim

200 kick

200 pull

**Get Ready (600)**

12 x 50 free 3/5/7

**Main Set**

Lanes 1 & 2 (1200)

2 x {

3 x 100 HBA

4 x 75 3/5/7 by 25

}

Lane 3 (1800)

3 x {

3 x 100 HBA

4 x 75 3/5/7 by 25

}

Lane 4 (2700)

3 x {

3 x 200 HBA

4 x 75 3/5/7 by 25

}

**Warm Down (200)**

200 ez

**Yardage**

Lanes 1&2 - 2600

Lane 3 -  3200

Lane 4 - 4100

Next week - SCULLING

Kick set with kickboards - proper kickboard technique to save your back

**September 28th 2019**

Focus: SPRINT DAYYYY

**Warm Up (500)**

5 x 100 swim

**Get Ready (600)**

2 x {

4 x 50s Kick with board

100 ez

}

**Main Set**

Lanes 1 & 2 (1200)

2 x {

2 x 100 EOO

4 x 50 EOO

8 x 25 EOO

}

Lane 3 (1800)

3 x {

2 x 100 EOO

4 x 50 EOO

8 x 25 EOO

}

Lane 4 (2400)

3 x {

1 x 200 Fast

2 x 100 EOO

4 x 50 EOO

8 x 25 EOO

}

**Warm Down (200)**

200 ez

**Yardage**

Lanes 1&2 - 2500

Lane 3 -  3100

Lane 4 - 3700