

Week no. 1 12 - 18 / 12 / 2019		2006 + Gold Teams	
<b>Warm-up of the week :</b> 200m Fs Style 100m IM inverse E/25m 150m K. 50m Fs / 50m \$ / 50m Fs 150m S.D. 100m \$ / 50m Fs 200m 25m Fs Sprint / 25m IM Style		<b>Drills of the Week :</b> Fs 25m Sculling / 25m Human Strokes. Bk 25m Sculling / 25m Control E/3-6 Kicks. Br 25m Sculling / 25m 2-2-4 Narrow 2 wider catch. Fly 25m 4 front kicks- 4 Bk – 4 side / 25m 3 L – 3 R .	
1 Thursday pm SCS	2 Friday am SCS	3 Friday pm SCS	4 Saturday am LCS
<b>18x50m IM @ 1.10</b> 1 <sup>st</sup> 6x50m 25m Fly / 25m FS 2 <sup>nd</sup> 6x50m 25m BK / 25m FS 3 <sup>rd</sup> 6x50m 25m BR / 25m FS  <b>4x200m FS Less 20"</b> G1 3.15 G2 3.45 G3 4.15  <b>4x150m FS Less 10"</b> G1 2.25 G2 2.45 G3 3.10  <b>4x150m FS Less 5"</b> G1 2.20 G2 2.40 G3 3.05 2'Rest Between sets  <b>300m K.</b> 100m \$ / 100m IM / 100m Fs  <b>2x200m</b> 1 <sup>st</sup> \$ 100m S.D. / 50m SW 2 <sup>nd</sup> FS Hypoxia 9-7 / 7-5 / 5-3 E/50	<b>500m FS Pace</b> G1 1.35 G2 1.40 G3 2.00  <b>4x100m \$ Less 10"</b> G1 1.50 G2 2.00 G3 2.20  <b>4x75m IM @1.45</b> 1+2 25Fly /25Bk / 25BR 3+4 25 BK /25BR / 25FS  <b>Maximum Speed Sets:</b> <b>3x(8x12.5m) K. / Pull Alt.</b> 1 <sup>st</sup> Fs 2 <sup>nd</sup> \$ 3 <sup>rd</sup> IM @30" <b>6x25m 2Fly/2BK/2BR@45"</b> <b>4x25m Sprint \$/FS Alt @1'</b> 2' Rest Between sets.  <b>400m</b> <b>4x400m 2' Rest B. Sets</b> 1 <sup>st</sup> IM SW E/25m 2 <sup>nd</sup> \$ 25m K./50m S.D./25m SW. 3 <sup>rd</sup> Pull 100m FS/200m IM/100m \$ 4 <sup>th</sup> FS Hypoxia E/25m 9 – 3 Strokes to breath.	<b>Off</b>	<b>8x25m IM 2Fly / 2BK @ 1'</b> <b>8x25m IM 2BK / 2BR @ 1'</b> <b>8x25m IM 2BR / 2FS @ 1'</b> 1' Rest Between Sets .  <b>4x200m FS Less 15"</b> G1 3.10 G2 3.30 G3 4.10  <b>4x150m \$ Less 10"</b> G1 2.35 G2 2.50 G3 3.15 2'Rest Between sets 2'Rest Between sets  <b>4x500m 2' Rest B. Sets</b> 1 <sup>st</sup> \$ 100 S.D. / 100SW 2 <sup>nd</sup> IM 100m Fly K./100m Bk Pull / 100m BR K./ 100m FS Pull 3 <sup>rd</sup> K. 100m FS/200m IM/200m \$ 4 <sup>th</sup> FS Hypoxia 9-3 / 7-3 / 5-3 / 3 E/100 1' Rest Between Sets .
5 Saturday pm SCS	6 Sunday pm SCS	7 Monday pm SCS	8 Tuesday pm SCS
<b>IM Sets w/ 1' Rest B. Sets</b> <b>6x50m 25m FS /25m Fly@ 1.10</b> <b>3x100m IM E/25m @ 2.30</b>  <b>6x50m 25m FS /25m BK@ 1.10</b> <b>3x100m IM E/25m @ 2.30</b>  <b>6x50m 25m FS /25m BR@ 1.10</b> <b>3x100m IM E/25m @ 2.30</b>  <b>D.P.S. w/ 1' Rest B. sets</b> <b>2x50m \$ @ 1.30</b> <b>2x100m \$ @ 2.20</b> <b>2x50m FS @ 1.30</b> <b>2x100m FS @ 2.20</b> Count strokes of 1 <sup>st</sup> 25m then decrease SC every 2 laps.  <b>10x100m FS Pace Less 10"</b> G1 1.45 G2 1.50 G3 2.00  <b>400m Pull</b> 100FS/100\$/100IM/100FS	<b>3x200m S.D. FS/ \$ /2<sup>nd</sup> \$@3.30</b>  <b>24x25m IM @ 50"</b> 3 1 – 3 Fly 4 4 – 7 BK 5 8 – 12 FS 3 13 – 15 BK 4 16 – 19 BR 5 20 – 24 FS  <b>Maximum Speed Sets:</b> <b>2x(12x12.5m) K.</b> \$ / FS Alt. @30" <b>3x ( 6x15m @45" ) TURNS</b> 1 <sup>st</sup> FS 2 <sup>nd</sup> \$ 3 <sup>rd</sup> IM 2' Rest Between sets.  <b>4x500m FINS</b> 1 <sup>st</sup> 500m FS Hypoxia 9 – 7 – 5 – 3 E/ 25m 2 <sup>nd</sup> 500m IM E/ 25m 3 <sup>rd</sup> 500m K. 300 FS / 100 IM / 200 \$ 4 <sup>th</sup> 500m FS Breath E/3	<b>4x100m S.D. FS / \$ @2'</b>  <b>800m FS Pace</b> G1 1.35 G2 1.40 G3 2.00  <b>3x200m FS Less 20"</b> G1 3.15 G2 3.35 G3 4.15  <b>4x150m \$ Less 15"</b> G1 2.40 G2 2.55 G3 3.20  <b>4x100m FS Less 10"</b> G1 1.40 G2 1.45 G3 2.05 2'Rest Between sets  <b>300m Pull Buoy</b> 100 FS / 100 IM / 100 \$  <b>2x400m</b> <b>1<sup>st</sup> 400m IM</b> 200m IM E/25m /200m IM E/50m <b>2<sup>nd</sup> 400m FS w/FINS</b> Start E/50m w/15m dolphin Kick after the turns.	<b>2x200m FS Pace less 10"</b> G1 3.00 G2 3.15 G3 3.35  <b>8x50m 25m Fly /25m Bk@1.10</b> <b>8x50m 25m BK /25m BR@1.10</b> <b>8x50m 25m BR /25m FS@1.10</b> 1'Rest Between sets  <b>Maximum Speed Sets:</b> <b>8x12.5m K. Fly/ Pull IM@30"</b> <b>6x25m FS Sprint @45"</b> <b>6x25m 2Fly/2BK/2BR@45"</b> <b>8x12.5m K. Fly/ Pull IM@30"</b> 2'Rest Between sets  <b>400m K. / Sw.</b> 200m \$ / 100m IM  <b>400m Fs Hypoxia E/25m</b> 9–3 strokes to breath  <b>400m Style IM E/25m</b>