

Wednesday - down - A

cup  $1 \times 300$  ( $7^{30}$ ) fr  
 $1 \times 200$  " im  
 $25$  kick  
 $25$  swim  
 $1 \times 100$  " im 15

B

$1 \times 200$   
 $1 \times 200$   
 $1 \times 100$

C

$11/18$

$1 \times 100$   
 $1 \times 200$   
 $1 \times 100$

Full  $2 \times 400$  ( $8^{00}$ ) fr  $\frac{16}{31}$

$3 \times 200$  ( $4^{30}$ ) fr

$5 \times 100$  ( $2^{40}$ ) fr

Rec  $100$  ( $5^{00}$ )  $\frac{5}{36}$

100

100

Kick  $25$  /  $2 \times 50$  ( $1^{30}$ ) f.o.b  $\frac{12}{48}$   
 $1 \times 100$  ( $3^{00}$ ) choice

$2 \times 50$  ( $1^{45}$ )  
 $25$  f.o.b  
 $25$  ba

$6 \times 50$  ( $2^{00}$ )  
 $25$  f.o.b  
 $25$  ba

Rec  $100$  ( $5^{00}$ )  $\frac{5}{53}$

100

100

Swim  $24 \times 50$  ( $1^{10}$ ) choice  $\frac{28}{81}$

$18 \times 50$  ( $1^{30}$ )

$14 \times 50$  ( $1^{50}$ )

Down

Thursday - am - A

Cap  $\rightarrow$  3 x 200 (+30) 1. fh  
2. kick choice  
3. choice

Swim 8 x 50 (1:30) mix stroke  $\rightarrow$

KP 35 / 2 x 50 (1:40) fly kick on back  
1 x 200 (4:00) fh pull  $\rightarrow$

Rec 100 (5:00)  $\rightarrow$

Swim 24 x 50 (1:10) choice

B

~~5 x 100 (3:00) choice~~  
1 x 200 (+30) fh  
1 x 100 " kick choice  
1 x 200 choice

25 f.o.b 25 ba kick

18 x 50 (1:30) choice

C 11/19

5 x 100 (3:00) choice

6 x 50 (2:00) mix stk

25 / 2 x 50 (2:15)  
25 f.o.b  
25 ba.k  
1 x 200 (5:00) fh pull

14 x 50 (1:50) choice

Friday - am -

A

B

C

11/30

W-up 10 min swim → →

Pull 6 x 150 (3:30) →  
50 fly ba 4 stroke  
100 fly

6 x 100 (3:00)  
50 fly ba 4 stroke  
50 fly

Kick 2S / 4 x 50 (1:40) rest 1:20  
1S = fly on back  
2S = choice, board

2S / 2 x 50 (2:00) f.o.b.  
1 x 100 (3:00) choice  
(board)

4 x 50 (2:15)  
25 f.o.b  
25 ba kick  
1 x 200 choice

Rec 1 x 200 choice - 8 min →  
25 scull  
25 swim

1 x 100 25 scull  
25 swim

Swim 24 x 50 (1:10) choice

18 x 50 (1:30) choice

14 x 50 (1:50) choice

Down 200

200

Friday - pm -

A

B

C

11/20

W-up 1 x 200 (5<sup>00</sup>) choice →  
 6 x 50 (1<sup>30</sup>) "  
 25 kick  
 25 swim

Swim 6 x 50 (1<sup>45</sup>)  
 2 br 2 fly stroke.  
 rest 30  
 1 x 400 br

Pull 1 x 800 fh  
 25 head-up  
 175 head-down

Rec 1 x 100

Swim 65 / 4 x 50 (1<sup>45</sup>) choice  
 2t: 25 h - 25 e  
 1t: 50 hard  
 1t: 50 easy

Down

25 / 1 x 100 (3<sup>00</sup>) choice  
 2 x 50 (2<sup>00</sup>) "  
 25 kick  
 25 swim

6 x 50 (2<sup>10</sup>)  
 2 br 2 fly stk  
 rest 60  
 1 x 200 br

6 x 100 (2<sup>40</sup>) fh  
 25 head-up  
 25 head-down

1 x 100

45 / 4 x 50 (2<sup>15</sup>)  
 2t: 25 h - 25 e  
 1t: 50 hard  
 1t: 50 easy

Sunday - am - A

B

C

1/2

sk / x 2000 choice →

- Swim 400
- Kick "
- Swim "
- Kick "
- Swim "

1 x 1800 choice

- S 400
- K 300
- S 400
- K 300
- S 400

P 4 x 100 (<sup>40</sup> ) im

3 x 100 (3<sup>10</sup>) im

Rec 100

100

Swim 1 x 400 im

1 x 400 im

Down

Sunday - pm -

A

B

C

11/22

W-up 10 min swim

Kick 4 x 100 (3:30)  
25 fly kick on back  
25 choice on back

3 x 100 (4:00)  
25 f.o.b  
25 choice on back

6 x 50 (2:15)  
25 f.o.b  
25 choice on back

Pull 35 / 2 x 50 (1:40) bh  
1 x 100 (2:10) fh →

8 x 50  
odd (2:00) bh  
even (1:30) fh

Swim 6 x 50 (1:40) drill choice →  
&  
recovery swim

6 x 50 (2:00)

Swim 8 x 50 (5:00) choice ⇒  
from dive ⇒

⇒

Down

Monday - am - A

B

C

11/23

Wup 10 min Tree

Swim 28 / 24 x 50 (1<sup>10</sup>)

28 / 18 x 50 (1<sup>30</sup>)

28 / 14 x 50 (1<sup>50</sup>)

set rest 4<sup>50</sup>

set rest 5<sup>00</sup>

set rest 6<sup>20</sup>

Rec 100

R 100

100

Kick 6 x 50 (1<sup>45</sup>)

6 x 50 (2<sup>00</sup>)

4 x 50 (2<sup>20</sup>)

fly kick on back

f.o.b

f.o.b

Down