

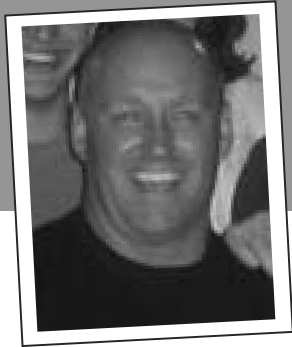
SUMMMER LEAGUE MASTERS

7 Week Program

Swimming And Dryland Workouts

1500 - 4000 Yards Per Work Out





Brad's swimmers have extended their careers at these colleges and universities to name a few:

- Ohio State
- Michigan
- Wright State
- Bowling Green
- Ohio
- North Carolina
- Davidson
- Johns Hopkins
- Xavier
- Butler
- DePauw
- Kenyon
- Dennison
- Toledo
- Eastern Michigan
- Miami of Ohio
- Cincinnati
- Kentucky
- Georgetown
- Ashland
- Wooster
- Duke
- Notre Dame
- Missouri
- Princeton
- Akron
- Virginia Tech
- Louisville
- Columbia

Brad Burget

Brad has had champions at USA Sectionals, Juniors and Ohio State High School. Literally hundreds of High School All Americans, Sectionals, Zones, Age-group champs and qualifiers, etc. He has coached all ages from lesson to Collegiate. Coached and Assistant Head of promotions for The Ohio State University Women's swim team under Jim Montrella, 1986-87. He has been coaching for 30 years, since 1979 and is currently with the New Albany Aquatics Club and New Albany High School.

- Fastest High School boy in America in the 50 free
John Sands 20.19 – February 2004
- 5 NCSA Junior National Championship swims.
- USA Junior National Record boys 200 yard free relay 2002
- National USA Record 17-18 boys 200 meter free relay 2003
- National USA Record 15-18 boys 200 yard medley relay 2008
- 10 USA Ohio Records
- 8 swims listed on the All-Time Ohio Honor Roll
- Over the years have had swimmers compete:
 - Olympic trials
 - Nationals
 - US Open
 - Juniors USA and NCSA
 - Ohio State High School
 - USA Sectionals
 - Zones
 - Quads
 - Age Group State Championships

Brad@fasterswimming.com

For more information on Brad, visit:

<http://fasterswimming.com/brad.shtm>

about



John's athletes have extended their careers at these colleges and universities to name a few:

- Ohio State
- Syracuse
- Youngstown St.
- Purdue
- Miami of Ohio
- Dayton
- Bowling Green
- Ohio University
- Akron
- Cincinnati
- Coastal Carolina
- Arizona State
- Ole Miss
- Otterbein
- Xavier
- Dennison
- Ashland
- Ohio Wesleyan
- Wooster
- Urbana
- Oberlin

John Coffman

John served as the Head Coach of 3 sports at Whetstone HS (Swimming & Diving, Track & Field, Cross Country) for almost 20 years, with over 50 total League Team Titles in a 16-team League. John coached his teams to a 12-year League Championship win streak in Swimming and a 14-year League Championship win streak in Cross Country. He has coached multiple HS All-Americans, State Champions, and National Qualifiers across sports. Along with his extensive and successful HS Coaching, John's experience includes coaching Olympic Qualifiers and working with NCAA Finalists, as well as:

- Assistant Club Swimming Coach (15 years)
- Head Club Track & Field Coach (12 years)
- USATF Level 2 Endurance Coach, Level 2 Jumps Coach
- Assistant Club Diving Coach (2 years)
- Certified Personal Trainer and Performance Coach since 1991

John prides himself on being able to keep up with his athletes in any type of strength, conditioning or speed work, and practices as he preaches in regard to training, nutrition and recovery. A successful Coach with a ton of practical experience across several sports, a veteran personal trainer, and a competitive athlete himself - John is a true athletic performance enhancement coach.

John@fasterswimming.com

For more information on John, visit:
<http://fasterswimming.com/john.shtm>

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7 Week Seasonal Plan

I have been documenting this 7 week season for years and tweaking it as needed based on new ideas and the abilities of my swimmers. The daily yardage amount on the 7 week plan can be tailored to your needs based on the time you want to train. This program can be adapted to swimming 2-3 or up to 6 times a week, with any yardage amount you desire to swim. The important thing is to follow the regime and do all that is planned. The 7 week plan will develop and fine tune your speed and power, while developing an aerobic base. The dryland programs follow suit to the seasonal plan and are essential to speed and power. I am available for any questions to help you and I encourage them so please contact me through www.FasterSwimming.com/contact.shtm

Below I have included some assumptions and tips for practices. Sign up for our free newsletters for more tips through www.fasterswimming.com.

BASIC ASSUMPTIONS FOR THE 7 WEEK PLAN

1. You or your team has a basic understanding of racing.
2. You or your team has the knowledge of all four strokes and/or the ability to learn.
3. You or your team has some past swimming experience.
4. This program will provide you with basic aerobic conditioning.
5. This program is sprint oriented and is designed to get the most out of a 7 week program. Your daily yardage will average between 2,000 – 3,500 taking most swimmers between 1 and 1.5 hours.
6. Adjust yardage as needed based on your ability or your teams.

PRACTICE TECHNIQUES

1. Racing – The drive to win close races to recover from mistakes and overtake your competition, the desire to win!!!! Some swimmers have that desire and others must be taught. You must add racing sets in your workout. Each swimmer must have the ability to start and stop speed (variable speed) throughout the season, no matter what phase of training you are currently involved. Drafting then passing, stagger starts and racing different abilities of swimmers in practice must be some part of a weekly routine.
2. Race Pace – This isn't sprinting to exhaustion but creating the speed that will be needed to achieve goal times for each event. Let's take the 100 free for our example: let's say your goal is to swim a 48.00 in the 100. In order to achieve this swim we must create and instill muscle memory at this speed. You will need to maintain 12.00 while swimming 25's and 24.00 speed while doing 50's. You can eventually work up to 75's and broken 100's (breaking them at different distances) and finally a 100 from the block before you actually swim your big race. This will give you the confidence needed for the big race. Start the season with enough rest at each desired distance to achieve race pace goal speed and as the season continues lessen the rest interval and achieve the same result. If you are tired on a given day that you want to do race pace then you must give yourself enough rest to achieve race pace. This doesn't have to be the main set but just the last 10 minutes of a desired workout. Please remember to do race pace during the aerobic phase of the season and during holiday training. Race pace develops muscle memory and helps create speed and power.

Remember that your dryland program is important and must coincide with this type of training. You will do more race pace as the taper progresses. Recovery and overspeed sets are as important and must be incorporated with race pace. Training with speed and power in the water and during dryland will enhance everything you are trying to achieve in your program.

3. Overspeed – Creating and enhancing muscle memory with the possible speed of a time not yet achieved in a race. Creating speed in short spurts helps train the fast twitch muscle make-up of every swimmer. Cords are a wide spread example usually incorporated during the taper or resting phase of a season and should be used throughout. Overspeed can be achieved off starts and walls and during very short distances or with correct tarzan swimming.
4. Tarzan for speed purposes – Swimmers that do water polo use tarzan to see the ball. They are strong, have arm speed, upper body strength and usually are great at kicking. Wow, everything you need for sprinting! Sprinting doesn't always mean short distances. 200's are now in the sprint category. If you have ever seen Diana Munz swim she has great kicking skills that were evident in her swims off each wall and at the end of distance events. She shows variable speed and power in the distance events with her upper body and legs.....
5. Recovery and dryland – These two categories make most people nervous. Proper recovery must be part of each workout phase and the dryland program must match. You must constantly change body part emphasis in your workouts to ensure recovery. Hard work should alternate legs, core and upper body. That doesn't mean if you are recovering the legs you can't work the arms. You need to alternate upper and lower body between dryland and swimming. You can alternate within each set, from set to set, from workout to workout or week to week. Add a true recovery workout once during the week and see how you respond the next day. Maybe you even need a day off as in MENTAL RECOVERY.
6. Each set should include distances as well as the repetitions, mechanics emphasis, and what to do on each part of the swim. For example: 6 X 400's on 5:00 free with 4 fly kicks off each wall breathing to one side of the pool, to insure breathing on both sides and even shoulder rotation. Odd swims are variable speed 75% - 95% by 50, with numbers 2 and 4 pace holding 1:02 and number 6 being timed with sprint kicking each wall and last 200. Write it down and take it to the pool.
7. You must be able to read the clock and understand negative, even, ascending, and pace terminology for splits in races and practice. Swimmers should constantly be using the clock even during warm-up and warm-downs so times and speed can be inherent. You must understand a certain speed with feel. You must understand and learn variable speed and repeats of a certain pace physically and mentally. Simple example during warm-up 4 X 200's with descending send-offs with a goal time on the last 200. For example, 4 X 200's on 2:40, 2:30, 2:20 and the last one go a 2:15.
8. Coaches flexibility: Stay flexible and evaluate if the swimmers are getting what you wanted out of each set. Don't force the issue if motivation isn't the issue. Change the set to achieve your goal, scratch the set if needed, adjust it or use it later in the season. If you change the set explain why and try to get them to understand the reason. If you can't explain it you'll never be able to teach it. If too much info is written for the set slowly increase the stimulus over time. Flexibility is hard as a coach feels the time constraint to get it all in. Fight that urge and back up, as that will help the swimmers more in the short and long term.

9. IM (Individual medley) and the importance of doing sets in IM order. Training the muscle memory of going from one stroke to the other and breathing patterns. Breathing patterns change from one stroke to the other, as does the timing of each stroke. When switching strokes the swimmer must gain control of the breathing pattern before settling into the race strategy of each stroke. Doing sets in IM order will help train the breathing patterns.
10. Heart rate is a great tool to see if you are sick, stressed, over worked, need more rest or just out of shape. You can measure this many ways by creating a set that helps you maximize heart rate and measuring how long it takes you to recover. Remember you are not a doctor nor should you diagnose yourself from this, it is only a tool that can be used to help you at each phase of training. This tells you about aerobic conditioning, fatigue during the core of training and the amount of resting needed to create race pace or sprinting. This tool definitely helps during taper and resting before meets. Consult a doctor or read up about heart rate, as there are plenty of studies and information on the subject. This will help you with flexibility and changing your workouts when needed.
11. For more information on race strategies, stroke mechanics, cross training, hydration nutrition, etc., please purchase the Faster Swimming book.



SWIMMING FOCUS

REQUIREMENTS AND INDEX

1. Start with one fly kick off each wall for the first week and increase throughout season.
2. Incorporate no breathing into or off of turns and the last 5 yards of the finish.
3. Emphasize correct spikes (streamline).
4. Emphasis on quality of workouts as written. Recover, sprint, variable speed as indicated.
5. Percentage sign (%) means effort on set – 75% effort
6. RP stands for race pace
7. VS stands for variable speed
8. inc stk cnt stands for incremental stroke count
9. FIP stands for fastest interval (send off) possible
10. _ up Tarzan _down easy stands for _ strokes up sprint Tarzan then _ strokes down easy freestyle, the underscore is for variable patterns of strokes
11. Remember to adjust all send offs and rest intervals based on your ability
12. Try to achieve stroke count sets.
13. Racing and overspeed work, see outline and practice techniques.
14. Alternate upper and lower body with in sets or by sets.
15. Turns, starts(relay) and finish work.
16. Introduce paddle and other equipment in workouts.
17. Varied Tarzan work, see outline and practice techniques.
18. Complete variable speed work for swimming and kicking as close to percentages indicated as possible.
19. Kicking and Race Pace are specific during the season.
20. The percentage of kicking per day is indicated in weekly outlines.
21. Follow daily and weekly yardage within reason. Don't get wrapped up in this as it is only a guideline.

I'd rather you attempt to achieve all the sets while maintaining quality. Adjust your yardage as needed.

Quality is the main focus while completing sets as written. Please read your body and adjust the amount of sprinting and recovery you need. If a swimmer needs more recovery to achieve the goals of each set then the swimmer and or coach need to communicate to each other. Monitor your heart rate to help you decide if you are resting enough or too much. You'll eventually be able to tell if you need more sprinting or recovery. We are now focusing on speed and power. Trust you have done enough and only you are the judge. **READ YOUR BODY LAST WEEK AND REMEMBER TO ALWAYS PRIME YOUR NERVOUS SYSTEM WITH RACE PACE, TARZAN AND VARIABLE SPEED WORK EVEN IF YOU HAVE A FULL RECOVERY DAY.**

**Please email me with any questions along the way. brad@fasterswimming.com
I wish you the best of luck!**



DRYLAND FOCUS

- Do Dryland workouts outlined for appropriate week
- Dryland workouts should follow swim practice or be separated by 4+ hours
- Separate these workouts by at least one day
- End all sets at indicated times – if you don't reach a number goal don't worry, just keep working towards these goals
- Basic strength and energy-system work
- If sore from dryland, include extra stretching at the end of any workout
- Testing during Week 2 - do our best and see where you're at in your training!
- Adjust dryland intensity based on age and ability of group you are training
- There are two other dryland workout options for the last week. They can also be used as a warm-up at meets. Some championship meets and invitations last all day and there isn't a warm-up pool available.

faster swimming 1 WEEK ONE SWIM

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#1	#2	#3	#4	#5
Yardage	2,000	2,000	2,000	2,000	2,000
Stroke count set	yes	yes	yes	yes	yes
Strokes up(Tarzan) strokes down(easy)	yes	yes	yes	yes	yes
Tarzan	yes	yes	yes	yes	yes
Tarzan to Easy					
Overspeed and racing		yes		yes	
Race Pace	yes	yes	yes	yes	yes
Recovery Set		yes			yes
Recovery Day					
Starts	yes		yes		
Relay Starts					yes
Reaction Drills					yes
Aerobic Yardage					
Variable speed swimming distances	yes	yes	yes	yes	yes
Variable speed by stroke count	yes	yes	yes	yes	yes
Variable speed effort	70%-100%	70%-100%	70%-100%	70%-100%	70%-100%
Turns		yes		yes	
Timed walls - turns and finishes, etc..		yes		yes	
Legs					
Yardage	1000	1000	1000	1000	1000
Maximum Distances	200	200	200	200	200
Variable Speed Distances	yes	yes	yes	yes	yes
Variable speed by kick count	yes	yes	yes	yes	yes
Variable Speed Effort	70%-100%	70%-100%	70%-100%	70%-100%	70%-100%
Broken Sprint Kicks			yes		
All-Out Sprint Kicks		yes		yes	
Yardage of Easy Kicking					
Basic Format					
Alternate Upper Body or Lower Body by Set	yes		yes		yes
Alternate Upper Body or Lower Body within Set		yes		yes	
Weight Lifting		yes		yes	
Dryland	yes		yes		
Yoga					
Heart Rate Sets	yes				
Sprinting Sets					
Race Pace					
100's		yes		yes	
200's	yes		yes		yes
500's +					
Individualized					
Broken 200's with Variations	yes		yes		yes
Broken 100's with Variations					

Day #1

Warm-up: 200 choice swim @ 70%
8 x 25 choice swim build each 25 and raise HR :15 rest
50 easy

**SPEND TIME TALKING ABOUT STARTS AND SAFETY
SPEND 10 MINUTES ON STARTS**

Set #1

12 x 25 3 of each stroke kick IM order @ 75% :10 rest

Set #2 INTRODUCE CONCEPTS OF FREESTYLE

Repeat the following set 4 times(coaches send off).
Each time talk about one of the listed freestyle concepts.
1. Stroke Count 2. Strokes up Strokes down
3. Tarzan 4. Variable Speed by Stroke Count

2 x 25
2 x 50

Set #3 :20 rest thru out set

4 x 100 free kick
#1 VS by 50 70% - 100%, #2 VS by 50 100% - 70%
#3 VS by kick count 19 fast / 20 slow
#4 VS by kick count 9 fast / 10 slow

6 x 50 choice kick non free
#1-3 VS by 25 70% - 100%
#4-6 VS by kick count 9 fast / 10 slow

50 easy

Total yardage = 2,100

Day #2

Warm-up: 200 choice 25 kick / 25 swim @ 70%

Count your strokes on each 25 to understand where your training stroke count is with your level of fitness.

10 x 50 freestyle 25 kick / 25 swim :15 rest
slowly raise your HR thru this set

Set #1 choice stroke except Tarzan listed below

8 x 75 :15 rest

#1-4 50 kick VS by 25 70% - 100% / 25 swim @ 80%

#5-8 50 kick VS by 25 100% - 70% / 25 tarzan @ 90%

SPEND 10 MINUTES ON TURNS AND TIME EITHER THE WALLS, TURN OR FINISH FOR QUALITY.

Set #2 choice stroke :20 rest

4 x 100 50 kick / 50 swim

Kick above - VS by kick count 10 fast / 11 slow

Swim above - VS by 25 100% - 70%

2 x 25 all out spring kick

50 easy

Set #3 freestyle strokes (up or fast) sprint and (easy or down) freestyle

4 x 50 on 1:15

#1-2 5 up Tarzan strokes / 2 down free strokes easy

#3-4 5 sprint strokes / 2 easy strokes

50 easy

Total yardage = 2,050

Day #3

Warm-up: Work on Starts and sprint break outs for 10 minutes
200 free @ 70%

Set #1 Count your strokes for the following set

4 x 100 free VS by 50 75% - 80% :20 rest
try to add 2 strokes per 25 on the 2nd 50

4 x 50 free VS by 25 80% - 85% :15 rest
1 stroke more on 2nd 25

4 x 25 free alternate 3 fast / 4 slow :10 rest

50 easy

Set #2 choice kick set :15 rest

2 x 75 VS by 25 80% - 95% - 70%

100 @ 95%

50 easy kick

2 x 125 alternate by kick count 10 fast / 11 slow

4 x 50 VS by 25 90% - 80%

75 @ 100% broken @ each 25 for :05

25 easy kick

Set #3

6 x 25 choice sprint from blocks

50 easy

Total yardage = 2,000

Day #4

Warm up: 4 x 100 choice swim VS by 50 70% - 75% :15 rest
Increasing stroke count on 2nd 50

Set #1 :15 rest thru set

6 x 75 choice kick 1st 50 @ 70% / last 25 @ 95%

3 x 50 free kick alternate kick count 20 fast / 9 slow

4 x 125 choice swim 1st 100 @ 80% / last 25 @ 95%

6 x 25 sprint free swim @ 100 RP on coaches send off

SPEND 5-10 MINUTES ON TIMED TURNS, WALLS, FINISHES

Set #2

8 x 25 partner free kick racing on :50

50 easy kick

4 x 25 Tarzan sprint increasing arm speed building each 25 on :50

50 easy swim

Total yardage = 2,200

Day #5

Warm up: 200 choice swim VS by 25 70% - 75%

Set #1 freestyle except where Tarzan listed :15 rest

6 x 75 incremental stroke count by 25
VS by 25 70% - 75% - 80%

6 x 50

1-3 alternate 5 up tarzan sprint strokes / 2 down free easy strokes
4-6 25 tarzan sprint / 25 alternate 3 fast strokes - 2 easy strokes

50 easy

SPEND 5-10 MINUTES ON REACTION DRILLS

Set #2 choice stroke :10 - :20 rest as needed

200 kick VS by 50 75% - 85%
2 x 25 sprint kick
50 easy kick

2 x 100 kick VS by 50 80% - 90%
4 x 25 sprint kick
50 easy kick

7 x 50 kick
1-3 alternate kick count 10 fast / 10 slow
4 easy kick
5 kick @ 100%
6 VS kick by 25 100% - 70%
7 easy kick

**SPEND 5-10 MINUTES ON RELAY STARTS WITH SPRINT
BREAK OUTS OF ALL STROKES**

Total yardage = 2,000

DRYLAND | WEEK 1 (WORKOUT 1)

Workout 1 (Week 1)

W-up	5 x 1:00 Stability – include switches 2:00 Overhead Squats 3:00 Jumping Jacks or Jump Rope		
Work Sets	5 x 1:00 Squat/Thrust/Push-up	25 per goal	:45 Rest
	5 x 10 Jumps Jump as high as possible!	10 straight	:45 Rest
	5 x :30 Push-ups	Rest as needed	:30 Rest
	3 x 1:00 Full Squats Vary foot spacing	over 50 goal	:30 Rest
C-down	3 x 2:00 Core Rotations Pick 4 exercises, switch @ :30 intervals 7:00 Stretching		

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#6	#7	#8	#9	#10
Yardage	2,500	2,500	2,500	2,500	2,500
Stroke count set	yes	yes	yes	yes	yes
Strokes up(Tarzan) strokes down(easy)	yes	yes	yes	yes	yes
Tarzan	yes	yes	yes	yes	yes
Tarzan to Easy					
Overspeed and racing			yes		yes
Race Pace	yes	yes	yes	yes	yes
Recovery Set					
Recovery Day					
Starts	yes		yes		
Relay Starts					yes
Reaction Drills					yes
Aerobic Yardage					
Variable speed swimming distance	yes	yes	yes	yes	yes
Variable speed by stroke count	yes	yes	yes	yes	yes
Variable speed effort	75%-100%	75%-100%	75%-100%	75%-100%	75%-100%
Turns		yes		yes	
Timed walls - turns and finishes, etc..		yes		yes	
Legs					
Yardage	1250	1250	1250	1250	1250
Maximum Distances	200	200	200	200	200
Variable Speed Distances	yes	yes	yes	yes	yes
Variable speed by kick count	yes	yes	yes	yes	yes
Variable Speed Effort	75%-100%	75%-100%	75%-100%	75%-100%	75%-100%
Broken Sprint Kicks			yes		
All-Out Sprint Kicks		yes		yes	
Yardage of Easy Kicking					
Basic Format					
Alternate Upper Body or Lower Body by Set	yes		yes		yes
Alternate Upper Body or Lower Body within Set		yes		yes	
Weight Lifting		yes		yes	
Dryland	yes		yes		
Yoga					
Heart Rate Sets	yes				
Sprinting Sets					
Race Pace					
100's	yes				yes
200's		yes		yes	
500's +			yes		
Individualized					
Broken 200's with Variations		yes		yes	
Broken 100's with Variations					

Day #6

Warm-up: 200 choice swim @ 70%

8 x 25 choice swim build each 25 and raise HR :15 rest
50 easy

**SPEND TIME TALKING ABOUT STARTS AND SAFETY
SPEND 10 MINUTES ON STARTS**

Set #1

12 x 25 3 of each stroke kick IM order @ 75% :10 rest

Set #2 INTRODUCE CONCEPTS OF FREESTYLE

Repeat the following set 4 times(coaches send off).
Each time talk about one of the listed freestyle concepts.
1. Stroke Count 2. Strokes up Strokes down
3. Tarzan 4. Variable Speed by Stroke Count

2 x 25
2 x 50

Set #3 :20 rest thru out set

4 x 100 free kick
#1 VS by 50 70% - 100%, #2 VS by 50 100% - 70%
#3 VS by kick count 19 fast / 20 slow
#4 VS by kick count 9 fast / 10 slow
6 x 50 choice kick non free
#1-3 VS by 25 70% - 100%
#4-6 VS by kick count 9 fast / 10 slow
50 easy

Set #4 Explain holding a pace and/or race pace. Take enough rest between to hold goal pace. Adjust as needed.

2 x 200 freestyle
#1 broken @ each 25 (rest appropriate)
#2 broken @ each 50 (rest appropriate)
50 easy after each 200

Total yardage = 2,600

Day #7

Warm-up: 200 choice 25 kick / 25 swim @ 70%

Count your strokes on each 25 to understand where your training stroke count is with your level of fitness.

10 x 50 freestyle 25 kick / 25 swim :15 rest

slowly raise your HR thru this set

Set #1 choice stroke except Tarzan listed below

8 x 75 :15 rest

#1-4 50 kick VS by 25 70% - 100% / 25 swim @ 80%

#5-8 50 kick VS by 25 100% - 70% / 25 tarzan @ 90%

SPEND 10 MINUTES ON TURNS AND TIME EITHER THE WALLS, TURN OR FINISH FOR QUALITY.

Set #2 choice stroke :20 rest

4 x 100 50 kick / 50 swim

Kick above - VS by kick count 10 fast / 11 slow

Swim above - VS by 25 100% - 70%

2 x 25 all out spring kick

50 easy

Set #3 freestyle strokes (up or fast) sprint and (easy or down) freestyle

4 x 50 on 1:15

#1-2 5 up Tarzan strokes / 2 down free strokes easy

#3-4 5 sprint strokes / 2 easy strokes

50 easy

Set #4 Teach the concept of descend all 5 x 100 freestyle

5 x 100 on 2:00 +/- based on ability and understanding of set

#1-2 straight

#3-4 broken at 50 for :10 - :15 as needed

#5 broken at each 25 for :05 - :10 as needed

(explain race pace and try to incorporate while doing last 100)

100 easy

Set #5 **OVERSPEED CORDS**

If you have equipment then use for speed only - pulling

Total yardage = 2,600 +/-

Day #8

Warm-up: Work on Starts and sprint break outs for 10 minutes
200 free @ 70%

Set #1 Count your strokes for the following set
4 x 100 free VS by 50 75% - 80% :20 rest
try to add 2 strokes per 25 on the 2nd 50
4 x 50 free VS by 25 80% - 85% :15 rest
1 stroke more on 2nd 25
4 x 25 free alternate 3 fast / 4 slow :10 rest
50 easy

Set #2 choice kick set :15 rest
2 x 75 VS by 25 80% - 95% - 70%
100 @ 95%
50 easy kick

2 x 125 alternate by kick count 10 fast / 11 slow
4 x 50 VS by 25 90% - 80%
75 @ 100% broken @ each 25 for :05
25 easy kick

Set #3
6 x 25 choice sprint from blocks
50 easy

Set #4 freestyle :30 rest
3 x 100 broken @ 50 for :10
1st 50 @ 80%, 2nd 50 @ 90%
200 broken @ 100 for :15
1st 100 @ 85%, 2nd 100 @ 95%
2 x 25 Tarzan sprint
50 easy

Total yardage = 2,600

Day #9

Warm up: 4 x 100 choice swim VS by 50 70% - 75% :15 rest
Increasing stroke count on 2nd 50

Set #1 :15 rest thru set

- 6 x 75 choice kick 1st 50 @ 70% / last 25 @ 95%
- 3 x 50 free kick alternate kick count 20 fast / 9 slow
- 4 x 125 choice swim 1st 100 @ 80% / last 25 @ 95%
- 6 x 25 sprint free swim @ 100 RP on coaches send off

SPEND 5-10 MINUTES ON TIMED TURNS, WALLS, FINISHES

Set #2

- 8 x 25 partner free kick racing on :50
- 50 easy kick

- 4 x 25 Tarzan sprint increasing arm speed building each 25 on :50
- 50 easy swim

Set #3 :15 rest thru set

- 6 x 100 choice stroke except Tarzan
 - 1-3 50 kick @ 80% / 50 swim Tarzan 7 strokes sprint then
 - 2 free strokes down easy
 - 4-6 all swim VS by 50 80% - 90%

- 3 x 50 choice stroke alternating 3 fast strokes / 4 slow strokes

- 2 x 75 choice strong swim @ 80%

Total yardage = 3,100

Day #10

Warm up: 200 choice swim VS by 25 70% - 75%

Set #1 freestyle except where Tarzan listed :15 rest

6 x 75 incremental stroke count by 25
VS by 25 70% - 75% - 80%

6 x 50

1-3 alternate 5 up tarzan sprint strokes / 2 down free easy strokes

4-6 25 tarzan sprint / 25 alternate 3 fast strokes - 2 easy strokes

50 easy

SPEND 5-10 MINUTES ON REACTION DRILLS

Set #2 choice stroke :10 - :20 rest as needed

200 kick VS by 50 75% - 85%

2 x 25 sprint kick

50 easy kick

2 x 100 kick VS by 50 80% - 90%

4 x 25 sprint kick

50 easy kick

7 x 50 kick

#1-3 alternate kick count 10 fast / 10 slow

#4 easy kick

#5 kick @ 100%

#6 VS kick by 25 100% - 70%

#7 easy kick

**SPEND 5-10 MINUTES ON RELAY STARTS WITH SPRINT
BREAK OUTS OF ALL STROKES**

Set #3 Complete set all IM or choose one stroke. Explain race pace concepts. Coaches keep set moving as needed.

3 x 200 descend 1 to 3 with 50 easy swim after each 200

#1 broken @ 100 for :10 @ 500 Race Pace

#2 broken @ each 50 for :10 @ 200 Race Pace

#3 broken @ each 25 for :10 @ 100 Race Pace

Total yardage = 2,750

DRYLAND | WEEK 2 (WORKOUT 1)

Workout #1- TEST (Week 2)

W-up 3 x 1:00 Stability
 1:00 Overhead Squats
 2:00 Jumping Jacks or Jump Rope

Teat Sets Dryland Test #2 (as outlined in ebook)
 Take no more than 2:00 Rest between each separate exercise

5 x 1:00 Squat/Thrust	30 per goal	:30 Rest between
2:30 Stability	no Rest	
3 x 1:30 Squat/Thrust/Push-up/Jump	20 per goal	3:00 Rest between
3:00 Push-Ups	75 goal	Rest as needed
Rotate/Twist/Sit-up Ladder	12 goal	no Rest

C-down 5 x 1:00 Core Rotations
 Pick 3 exercises, switch @ :20 intervals
 5 min Active Stretching

faster swimming | WEEK THREE SWIM

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#11	#12	#13	#14	#15
Yardage	2,500	2,500	2,500	2,500	2,500
Stroke count set	yes	yes	yes	yes	yes
Strokes up (Tarzan) strokes down(Easy)	yes	yes		yes	
Tarzan	yes	yes		yes	
Tarzan to Easy			yes		yes
Overspeed and racing		yes		yes	
Race Pace	yes		yes		yes
Recovery Set		yes			
Recovery Day				yes	
Starts	yes		yes		
Relay Starts					yes
Reaction Drills	yes				yes
Aerobic Yardage					
Variable speed swimming distances	yes	yes	yes	yes	yes
Variable speed by stroke count	yes	yes	yes	yes	yes
Variable speed effort	75%-100%	75%-100%	75%-100%	75%-100%	75%-100%
Turns					yes
Timed walls - turns and finishes, etc..					yes
Legs					
Yardage	1250	1250	1250	1250	1250
Maximum Distances	200	200	200	200	200
Variable Speed Distances	yes	yes	yes	yes	yes
Variable speed by kick count	yes	yes	yes	yes	yes
Variable Speed Effort	75%-100%	75%-100%	75%-100%	75%-100%	75%-100%
Broken Sprint Kicks			yes		
All-Out Sprint Kicks		yes		yes	
Yardage of Easy Kicking	500	500	500	500	500
Basic Format					
Alternate Upper Body or Lower Body by Set	yes		yes		yes
Alternate Upper Body or Lower Body within Set		yes		yes	
Weight Lifting		yes		yes	
Dryland	yes		yes		
Yoga					yes
Heart Rate Sets	yes				
Sprinting Sets					
Race Pace					
100's			yes		yes
200's					
500's +		yes			
Individualized	yes				yes
Broken 200's with Variations					
Broken 100's with Variations			yes		

Day #11

Warm-up: 200 choice swim @ 70%

Set #1

6 x 50 free kick @ 80% :05 rest between

4 x 75 25 back kick @80%/ 50 breast drill 2 kick-1 stroke :10 rest
(long spikes)

3 x 100 50 kick fly/ 50 back swim 100 @ 80% :15 rest

200 IM kick no board variable speed by 25 @70%-90%

50 easy swim

Set # 2

300 IM 25 kick / 50 1 arm drill swim each stroke @80% :10 rest

50 easy

3 x 100 IM swim descend on 2:00

50 easy

8 x 25 free kick partner racing coaches send off

50 easy

Set # 3

5 x 100 freestyle
#’s 1-3 50 kick/ 50 swim variable speed by 25 70%-90% :10 rest
1:00 rest

#’s 4-5 swim sub 1:00 – 1:05 based on ability 1:00 rest between

50 easy

Total yardage = 2,800

Day #12

Warm-up: 4 x 50 all from a start on coaches send off, 25 kick/ 25 swim choice

Set #1

5 x 100 1 – 4 IM transition , # 5 IM swim :15 rest
 #1 50 fly/ 50 back 50 kick/ 50 swim @ 70%
 #2 50 fly/ 50 back 50 swim/ 50 kick @ 70%
 #3 50 breast/ 50 free 50 kick/ 50 swim @ 70%
 #4 50 breast/ 50 free 50 swim/ 50 kick @ 70%
 # 5 all swim IM @ 95%
 50 easy

(Spend 10 minutes on freestyle turns and then time them on the following set to maintain swimmer's quality.)

Set #2 The whole set is freestyle :10 rest

2 x 175 swim @ 75 % sprint turns
 4 x 25 swim build last 10 yards to a sprint
 4 x 125 swim @75% sprint turns
 4 x 75 kick variable speed by 25
 If you don't use a board sprint turns!!!!
 1 – 2 90% - 70% - 90%
 3 - 4 15 fast kicks/ 15 slow kicks (variable speed by kick)
 50 easy

Set #3

12 x 50 3 each stroke IM order 25 kick/ 25 swim @ 80% :10 rest
 50 easy

Set #4

8 x 25 partner kick racing set 2 each stroke IM order coaches send off
 50 easy

Total yardage = 2,950

Day #13

Warm-up:

8 x 100 free time turns for quality on last 4
1 - 4 on 2:00 from start
5 - 8 choose send off that raises heart rate

Set #1

9 x 50 Tarzan and free kick set :20rest
1 - 3 Tarzan sprint/ 25 kick @ 70%
4 - 6 25 kick @ 70%/ 25 Tarzan sprint
7 - 9 all variable speed by kicks as below
1st 25 (4 fast kicks - 4 slow kicks)
2nd 25 (8 fast kicks - 8 slow kicks)

50 easy

6 x 25 partner racing Tarzan coaches send off
50 easy

Set #2

2(4 x 75) :10rest
50 easy after each set
25 free kick - hand touch head out of water
25 fly kick on side
25 breast or back swim

Set #3

2 x 100 kick top stroke not free variable speed by 50 70% - 90% :15 rest

25 easy (1/2 way back) stretch legs

1 x 100 top stroke not free timed swim increasing stroke count each 25

50 easy

Total yardage = 2,600

Day #14

Warm-up: From a start on the first one;

- 2 x 175 IM @ 70% :10 rest
- 25 kick/ 25 swim drill the fly no free
- 3 x 100 IM descend with # 1 @ 80% :20 rest
- 6 x 25 partner racing back kick coaches send off
- 50 easy

- Set # 1 free kick :15rest
- 150 variable speed by 50 75% - 90% - 75%
 - 2 x 100 variable speed by 25 80% - 100%
 - 4 x 50 1 – 2 build to sprint
 - 3 @ 70%
 - 4 sprint
 - 50 easy

- Set # 2 free swim with on lap of Tarzan per 100 :15 rest
- 3 x 200 your speed is based on your heart rate for :10
 - your heart rate needs to be +/- 25 (Hold speed thru set)
 - 1st 200 lap # 2 is Tarzan
 - 2nd 200 lap #4 is Tarzan
 - 3rd 200 lap #6 is Tarzan
 - INTO
 - 2 x 100 Hold Fastest interval possible (send off)
 - 1:05 – 1:20 based on ability
 - 50 easy

- Set # 3
- 4 x 50 free kick on 1:05
 - odds variable speed by 25 80% - 100%
 - evens sprint
 - 50 easy

- Set #4 OVERSPEED with cords that are secured around swimmers waist
- 4 x 25 2 of them free, 2 choice

Total yardage = 2.650

Day #15

Warm-up: start into 200 choice

2 x 75 free 25 kick/ 25swim/ 25kick @ 70% :15 rest

2 x 100 free 50 kick/ 50 swim variable speed by 25 70% - 90% :15 rest

Set # 1 2 x 250 IM with fly emphasis @ 80% :10 rest
 100 fly * / finish in IM order 25 kick / 25 swim
 *(25 3 kicks one stroke drill / 25 hand touch drill)

2 x 150 IM with breast emphasis into breast set @ 80% :10 rest
 Do the 150 in IM order with a 75 breast
 The 75 breast as 1st 25 3 kicks one stroke drill
 2nd 25 2 kicks one stroke drill
 (don't forget to add fly kick in pullout)

2 x 75 breast swim variable speed by 25 85% - 70% - 90%

100 breast swim variable speed by 50 90% - 95%

4 x 25 partner racing breast swim coaches send off
 50 easy

Spend 10 minutes on back turns and finishes, time turns in set to follow

Set # 2 Back set
 2 x 125 75 kick @75%/ 50 swim build to a sprint increasing stroke
 count on the second 25 :15 rest

2 x 100 50 kick @80%/ 25 sprint higher stroke count than
 previous set/ 25 kick build to a sprint :15 rest

6 x 50 1,2,4,5 sprint kick on 1:05
 3,6 sprint swim

50 easy

Total yardage = 2,550

DRYLAND I WEEK 3 (WORKOUT 1)

Workout #1 (Week 3)

W-up 4:00 Jump Rope
 2 x 2:00 Stability

Work Sets Cycle - x3
 1:00 Med Ball Sledgehammer
 1:30 Mountain Climbers no Rest within cycle
with 5 Push-ups @ every :30
 1:00 Med Ball Sit-ups 2:00 Rest between cycles

 5 x :30 Squat/Thrust/Push-up/Jump fast :30 Rest between

C-down 2:00 Core rotation (switch exercises every :30)
 8:00 Active and Passive Stretching – extra if needed

DRYLAND | WEEK 3 (WORKOUT 2)

Workout #2

W-up	3 x 2:00 Stability 2:00 Overhead Lunge	:30 Rest between
Work Sets	Cycle - x5 :30 Push-ups :45 Squat/Thrust :45 Med Ball Russian Twist :30 Jump Lunge	no R w/in cycle 2:00 Rest between cycles
	3 x :30 Sit-up, Jump-up	fast :30 Rest
C-down	2 x 2:00 Stability 3:00 Core rotation (switch exercises every :30) 8:00 Active and Passive Stretching – extra if needed	

faster swimming | WEEK FOUR SWIM

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#16	#17	#18	#19	#20
Yardage	3,000	3,000	3,000	3,000	3,000
Stroke count set	yes	yes	yes	yes	yes
Strokes up(Tarzan) strokes down(easy)	yes		yes		yes
Tarzan	yes		yes		yes
Tarzan to Easy	yes	yes		yes	
Overspeed and racing		yes			yes
Race Pace	yes		yes		yes
Recovery Set		yes			yes
Recovery Day				yes	
Starts	yes		yes		
Relay Starts					yes
Reaction Drills	yes				yes
Aerobic Yardage					
Variable speed swimming distances	yes	yes	yes	yes	yes
Variable speed by stroke count	yes	yes	yes	yes	yes
Variable speed effort	80%-100%	80%-100%	80%-100%	80%-100%	80%-100%
Turns	yes		yes		
Timed walls - turns and finishes, etc..	yes		yes		
Legs					
Yardage	1500	1000	750	1000	750
Maximum Distances	200	100	200	100	200
Variable Speed Distances	yes	yes	yes	yes	yes
Variable speed by kick count	yes	yes	yes	yes	yes
Variable Speed Effort	80%-100%	80%-100%	80%-100%	80%-100%	80%-100%
Broken Sprint Kicks		yes		yes	
All-Out Sprint Kicks			yes		
Yardage of Easy Kicking	400	400	400	400	400
Basic Format					
Alternate Upper Body or Lower Body by Set		yes		yes	
Alternate Upper Body or Lower Body within Set	yes		yes		yes
Weight Lifting		yes		yes	
Dryland	yes		yes		
Yoga					yes
Heart Rate Sets	yes				
Sprinting Sets					
Race Pace					
100's			yes		yes
200's					
500's +		yes			
Individualized	yes				yes
Broken 200's with Variations					
Broken 100's with Variations			yes		

Day #16

Warm-up: Freestyle set – set send off based on ability

Start from blocks

2 x 150 on 2:40

2 x 100 on 1:40

2 x 50 on :40

2 x 50 all from start coaches send off

25 kick hand touch head out of the water

25 sprint swim heart rate above 30 (10 second)

Your heart rate will be based on age, ability and your level of fitness

Spend 5 minutes on the back / breast IM transition turn

Set #1 back or breast kick complete this set twice :10 rest

4 x 75 kick variable speed by 25 80% - 95% - 80% effort

100 kick build to sprint by last 25

200 kick @ 90% effort

50 easy swim

Set #2 timed walls for quality

4 x 125 IM on 1:50

the extra 25 is free in IM order increasing stroke count on the 2nd

25 from the first at least by one stroke

50 easy

Set #3

200 fly kick with board for time!

50 easy

4 x 25 partner racing fly kick coaches send off

50 easy

Total yardage = 2,950

Day #17

Warm-up:

Start into

4 x 50 choice kick @ 70% effort :10 rest

2 x 100 back swim @ 70% effort :10 rest

8 x 25 back kick build to sprint each 25 :05 rest

2 x 75 breast swim @ 70% effort :10 rest

2 x 100 breast kick middle 50 hard

Set #1 freestyle set – complete this set four times :10 rest

4 x 100 holding :10rest while descending your pace each set of 100's
for example; 1:15 / 1:10 / 1:05 / 1:00

If you need more rest to descend pace then add :05 on third set
and add :10 to fourth set – Start first set @ 80% effort

50 sprint kick immediately after 4th 100

50 easy after each set

Spend 5 minutes on starts with focus on toes and pushing off with legs!

Set #2 from blocks

4 x 50 25 fly kick underwater whole 25 / 25 choice kick @ 80% effort

Set #3 Overspeed

2 x 50

Start from block and attempt to stretch cord to the wall then immediately into
25 OVERSPEED choice stroke

50 easy

Total yardage = 3,100

Day #18

Warm-up:

One start into 400 IM reverse IM order – drill fly
(one arm fly drill with the arm you aren't using at your side)

200 IM reverse IM order swim fly :10 rest

2 x 100 IM @80% effort :10 rest

Set #1 kick set with extra fly kick requirements :10 rest

6 x 75 free kick with incremental fly kicks off each wall no board
fly kick requirements #1-2 4 – 6 fly kicks;
#3 – 4 6 – 8 fly kicks; # 5 – 6 8 – 10 fly kicks
#1 – 3 fly kick 75's
4 – 6 free kick 75's

4 x 125 back kick with 4 – 6 fly kicks off each wall
75 @ 75% / 50 @ 95% effort

3 x 50 breast kick (remember one fly kick)
#1 – 2 sprint kick #3 easy

200 choice kick broken @ 100 for :05 negative split 100's
variable speed by 100 80% - 100% effort

50 easy

Spend 5 minutes on breast turn into pullout with fly kick

Set #2 time finishes of the freestyle – no breathing last 10 yards

6 x 100 IM swim descend every 2 x 100's on 2:15

1 – 2 straight @ 85% effort

3 – 4 broken @ 50 for :05 variable speed by 50 90% - 95% effort

5 – 6 broken @ 25 for :05 and @ the 75 for :10 sprint

50 easy

Total yardage = 3,000

Day #19

Warm-up: start from block 100's and 50's

- 4 x 100 IM reverse IM order swim except kick the fly
- 4 x 50 one each stroke reverse IM order 25 kick / 25 swim
- from start 25 _ way fly kick sprint rest of 25 easy

Spend 5 minutes on fly turn

Set #1 butterfly set

- 3 (4 x 75) each set on descending send offs
- maintain fly kick speed off wall into breakout
- 1st set on 1:30
- all kick 25 on side/ 25 on back / 25 on stomach
- 2nd set on 1:20 - 1:25
- 50 kick 25 on side/ 25 on back or stomach
- 25 swim drill (4 kicks one stroke hold hands in spike)
- 3rd set on 1:15
- 25 swim with _ underwater fly kick
- 25 swim drill (3 kicks one stroke hand touch in spike)
- 25 swim build to sprint
- 50 easy
- 6 x 25 partner racing fly coaches send off
- 50 easy

Set #2 Tarzan set with incremental stroke count by 25 maintaining speed

- 4 x 25 Tarzan holding one stroke count on :40
- 6 x 50 Tarzan increase stroke count on 2nd 25 on 1:10
- 2 x 100 Tarzan incremental stroke count on 2:00
- 100 easy
- 6 x 25 partner racing Tarzan coaches send off
- 50 easy

Set #3 Overspeed

- 4 x 50 2 drag to other end from blocks and 2 pull towards block
- 50 easy after each

Total yardage = 3,100

Day #20

Warm-up: start from block into first swim :15 rest

3 x 200 IM

- # 1 reverse IM order swim except kick the fly
- # 2 IM order swim except drill the fly
- # 3 IM swim

Set #1 freestyle kick set

5 x 100 kick

- # 1 – 3 variable speed by 50 70% - 90% effort :15 rest
- # 4 variable speed by 25 70% - 90% effort

50 easy

- # 5 timed sprint kick

50 easy

Set #2 mid-distance oriented free set swim

breath to one side of the pool only thru the set while descending pace and send

offs based on ability

300 swim starting @ 80% effort for example 1:15 pace +/-
(coaches choice on rest into rest of set)

3 x 100 on 1:15 holding 1:10 pace

1:00rest

200 holding 1:10 pace

50 easy

3 x 100 holding 1:05 pace on 1:20 (set send off accordingly with :15rest)

50 easy

100 holding faster pace than held above

:30 rest into challenge.....

2 x 100 on the fastest send off possible

50 easy

Spend 5 minutes on back turn

Set #3 CHALLENGE SET – INCREMENTAL STROKE COUNT EACH 25!

Timed walls, turns or finishes at random

3 x 100 top stroke fastest send off possible into

4 x 50 top stroke kick variable speed by kicks 10 fast / 10 slow :10rest

50 easy

finish with one more set kick

4 x 50 sprint free kick on 1:05

50 easy

Total yardage = 3,000

DRYLAND | WEEK 4 (WORKOUT 1)

Workout #1 (Week 4)

W-up	3 x 1:00 Stability with switches 2:00 Sit-ups, cross @ top 2:00 Overhead Squat		
Work Sets	5 x :45 Mountain Climbers	fast	:45 Rest
between			
	4 x :45 Thrusters	fast	:45 Rest
between			
	5 x :30 Push-ups	fast	:45 Rest
between			
	3:00 Walkout Push-ups	continuous	no Rest
C-down	3 x 2:00 Core Rotations Pick 4 exercises, switch @ :30 intervals 8:00 Active and Passive Stretching		

DRYLAND | WEEK 4 (WORKOUT 2)

Workout #2 (Week 4)

W-up	1:00 Overhead Lunge 1:00 Overhead Squat 1:00 Mountain Climbers 5:00 Active Stretching		
Work Sets	Med Ball Cycle x 2 35 Sit-ups 35 Overhead Pass 35 Chest Pass	No Rest within Cycle :45 Rest between Cycles	
between	5 x 1:00 Mountain Climbers	fast	1:00 Rest
indicated	4:00 Push-ups, 12 fast every :30(96 total)		Rest as
C-down	2 x 2:00 Stability with switches 1:00 Sit-up, Get-ups 5:00 Active and Passive Stretching		

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#21	#22	#23	#24	#25
Yardage	3,000	3,000	3,000	3,000	3,000
Stroke count set	yes	yes	yes	yes	yes
strokes up(Tarzan) strokes down(easy)		yes		yes	
Tarzan		yes		yes	
Tarzan to Easy	yes		yes		
Overspeed and racing	yes			yes	
Race Pace		yes	yes		
Recovery Set	yes		yes	yes	
Recovery Day					yes
Starts					yes
Relay Starts					yes
Reaction Drills	yes		yes		yes
Aerobic Yardage	1,500		1,500		
Variable speed swimming distances	yes	yes	yes	yes	
Variable speed by stroke count	yes	yes	yes	yes	
Variable speed effort	90%-100%	90%-100%	90%-100%	90%-100%	
Turns					yes
Timed walls - turns and finishes, etc..					yes
Legs					
Yardage	1000	500	1000	500	500
Maximum Distances	100	100	100	100	
Variable Speed Distances	50	25	50	25	
Variable speed by kick count	yes	yes	yes	yes	
Variable Speed Effort	90%-100%	90%-100%	90%-100%	90%-100%	
Broken Sprint Kicks	yes		yes		
All-Out Sprint Kicks		yes		yes	
Yardage of Easy Kicking	500		500		500
Basic Format					
Alternate Upper Body or Lower Body by Set					
Alternate Upper Body or Lower Body within Set	yes	yes	yes	yes	yes
Weight Lifting	speed		speed		
Dryland	no legs		no legs		
Yoga				yes	
Heart Rate Sets	yes				
Sprinting Sets					
Race Pace					
100's		100,50,25 (or)	100,50,25 (or)		
200's					
500's +		yes	yes		
Individualized		yes	yes		
Broken 200's with Variations					
Broken 100's with Variations		yes	yes		

Day #21

Warm-up:

Start from block for the first 125 :10rest
8 x 125 IM kick
1 – 2 50 fly kick and then 25 IM order
3 – 4 50 back kick rest 25 of each IM order (start with 25 fly)
5 – 6 50 breast kick same as above
7 – 8 50 free kick same as above

12 x 75 kick variable speed by 25 80% - 100% - 80% effort
1 – 4 free kick
5 – 8 choice kick
9 – 12 top stroke kick not free

(Spend 5 minutes on freestyle turns)

Set #1 Paddle freestyle set

400 swim the first 300 @ 75% effort do an open turn so you can get
your time on the last 100 @ 90%

1:30 rest

3 x 100 challenge yourself to hold as fast of a send off as possible
based on previous 100

1:30rest

2 x 50 sprint on 1:15
boys sub :28 girls :31 based on your ability where your stroke count
increases by at least one on the 2nd 25

50 easy

Set #2

6 x 25 partner racing freestyle kick coaches send off
50 easy

Total yardage = 3,050

Day #22

Warm-up: start from blocks for all swims coaches send off

- 1 x 200 swim reverse IM order except kick the fly
- 2 x 125 swim reverse IM order except kick a 50 fly
- 2 x 100 swim IM order @ 80% effort
except kick the free (hands together head out of the water)
- 4 x 50 one each stroke IM order @ 90% effort 25 kick/ 25 swim

Set #1 butterfly set – you'll complete this set twice

- * time the turns on the swims for quality!
- first time thru :10 rest and second time thru :20 rest
(do this set only once based on time as yardage is higher today)

- 4 x 75 25 drill #1 / 25 kick / 25 drill #2
drill #1 – grab thumb at the beginning of the stroke and hold thru the finish
drill #2 – hand touch at the catch of the stroke

2 x 50 25 drill #1 or #2 / 25 sprint swim

3 x 125 fly kick @ 80% effort
alternate kick on side, on back, with board by 125

5 x 25 build to sprint kick with board

* 2 x 100 swim with incremental stroke count by 25
increase by at least one each 25 (1:00rest between 100's)

50 easy

Set #2 100 race pace set- holding your goal time speed

4(8 x 25) change send off as needed
50 easy after each set

- 1st set 100 race pace – 4 fly and 4 free on :50
- 2nd set 100 race pace – 2 fly and 6 free on :45
- 3rd set 100 race pace all free on :35
- 4th set partner racing back kick coaches send off

Total yardage = 3,900

Day #23

Warm-up: Start from block for first swim then :15 rest
200 reverse IM order 75 kick / 75 swim

100 IM kick @ 90% effort

200 swim 100 back / 100 breast @ 80% effort

2 x 100 swim 50 back / 50 breast @ 85% effort

2 x 100 swim 50 back / 50 breast @ 90% effort

Spend 5 minutes on back to breast turn thru pullout

Set #1 **COACH NEEDS TO KEEP THIS SET ROLLING**
(Higher yardage today so adjust accordingly)

1. 175 back kick variable speed 100 @ 75% / 75 @ 95% effort
25 easy

100 back kick variable speed by 25 95% - 70% effort
:05 rest into

4 x 50 back kick odds sprint, evens @ 70% effort :10 rest
into next set

2. 175 back or breast swim 1st 100 @ 75% / 75 increase stroke count
by 25 build to a sprint :15 rest
25 easy

100 back or breast swim negative split
(total 100 time within +/- :10 of best)
50 easy

4 x 50 back or breast swim :15 rest
odds sprint
evens sprint 1st 12.5 of each 25 then 12.5 easy

3. into repeating of #1 above except breaststroke kick

Set #2

6 x 25 partner racing fly kick coaches send off
50 easy

Set #3 choice stroke set

4 x 200 :25 rest
#1 100 kick / drill stroke / 50 swim
#2 75 kick / 50 same drill as # 1 above / 75 swim
#3 50 kick / 100 TARZAN / 50 swim
#4 alternate 25 TARZAN / 25 swim
50 easy

Set #4 Overspeed fly

2 x 25 cords fly
50 easy

Total yardage = 3,750

Day #24 (HIGHEST YARDAGE IF YOU DESIRE – ADJUST ACCORDINGLY)

Warm-up: freestyle swim set

3 x 300 first 300 start from block :15rest
 #1 25 kick / 25 swim
 #2 50 kick / 50 swim
 #3 75 kick / 75 swim

3 x 100 first 100 start from block on 1:15 based on ability
 25 easy (1/2 way and back)

2 x 100 first 100 start from block descend send off
 25 easy (1/2 way and back)

1 x 100 start from block
 negative split and make this the fastest 100 of warm-upset
 50 easy

Spend 10 minutes on free and back turns

Set #1 freestyle set with paddles
 time walls, turns and finishes for quality

6 x 25 partner racing free kick coaches send off
 50 easy

you'll do this part of the set three times
 the kick set following each 400 swim changes as noted below

400 swim

1. first time thru do open turns every 100 just to read the clock to establish pace @ 80% effort
2. second time thru do an open turn at the 200 descending pace @ 85 % effort
3. third time thru straight swim @ 90% effort holding fastest pace

:10rest

after first 400

4 x 100 kick on as fast of a send off as you can hold
 50 easy

after second 400

3 x 75 kick on as fast of a send off as you can hold
 25 easy kick
 50 easy swim

after third 400

4 x 50 kick on as fast of a send off as you can hold
 50 easy

Set #2 race pace swim IM set in IM order by 25's

4 x 25 on :30 holding 400 IM race pace
 this is easy to do but helps establish pace
 :30rest

8 x 25 on :35 holding 200 IM race pace
 1:00rest

8 x 25 on :40 sprint
 100 easy

Total yardage = 4,600

Day #25 (YARDAGE IS ON THE WAY DOWN!)

Warm-up: start from block on first 300

2 x 300 50 fly kick / 100 back swim / 100 breast swim / 50 free kick :10rest

3 x 200 all swim 25 fly / 50 back / 50 breast / 25 free :10rest

3 x 100 free mile race pace on 2:00

4 x 25 Tarzan build to a sprint with 18-22 strokes per 25 on :45

25 easy

Set #1 whole set is kick :15rest

4 x 200 negative split by 100, 1st 100 @ 80% effort

1 - 2 back or breast

3 fly

4 choice

50 easy

4 x 100 top stroke not free on as fast of a send off as possible

50 easy

2(4 x 50) variable speed by 25 95% - 70% effort

1st set back or breast

2nd set choice

50 easy after each set of 50's

6 x 25 partner racing Tarzan on :45

50 easy

Set #2 **spend 10-15 minutes on timed fly walls, turns and finishes**

Set #3 overspeed choice stroke cords

2 - 3 x 25

100 easy after each

Total yardage = +/- 4,000

DRYLAND I WEEK 5 (WORKOUT 1)

Workout #1 (Week 5)

W-up	2:00 Jump Rope or Mountain Climbers 2 x 2:00 Stability 4:00 Active and Passive Stretching		
Work Sets	Cycle - x3 1:30 Med Ball Sledgehammer 1:30 Mountain Climbers 1:30 Med Ball Sit-ups		no Rest within cycle 2:00 Rest between
cycles	5 x :30 Walk-out Push-ups	fast	:30 Rest between
C-down	4 x 1:00 Core rotation (switch every :30) 8:00 Active and Passive Stretching		

DRYLAND I WEEK 5 (WORKOUT 2)

Workout #2 (Week 5)

W-up	3 x 2:00 Stability 2:00 Overhead Squat 4:00 Active and Passive Stretching	:30 Rest between
Work Sets	Cycle - x5 :45 Push-ups :30 Squat/Thrust :45 Med Ball Russian Twist :30 Mountain Climbers 3 x :30 Sit-up, Jump-up	no Rest within cycle 2:00 Rest between cycles fast :30 Rest
C-down	5 x 1:00 Stability 3:00 Core rotation (switch every :30) 8:00 Active and Passive Stretching	

faster swimming | WEEK SIX SWIM

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#26	#27	#28	#29	#30
Yardage	2,500	2,500	2,500	2,500	2,500
Stroke count set	yes	yes	yes	yes	yes
Strokes up(Tarzan) strokes down(easy)	yes				
Tarzan	yes				
Tarzan to Easy	yes		yes		
Ovespeed and racing	yes		yes		
Race Pace	yes		yes		
Recovery Set	yes		yes		
Recovery Day		yes		yes	
Starts		yes			
Relay Starts		yes			
Reaction Drills	yes	yes	yes	yes	
Aerobic Yardage		1,500		1,500	
Variable speed swimming distances	yes	yes	yes	yes	yes
Variable speed by stroke count	yes	yes	yes	yes	yes
Variable speed effort	95%-100%	95%-100%	95%-100%	95%-100%	95%-100%
Turns		yes			
Timed walls - turns and finishes, etc..		yes			
Legs					
Yardage	750	500	500	500	500
Maximum Distances	75	75	50	50	50
Variable Speed Distances	50	25	25	25	25
Variable speed by kick count	yes	yes	yes	yes	yes
Variable Speed Effort	95%-100%	95%-100%	95%-100%	95%-100%	95%-100%
Broken Sprint Kicks	yes				
All-Out Sprint Kicks		yes			
Yardage of Easy Kicking	250	250	400	400	
Basic Format					
Alternate Upper Body or Lower Body by Set					
Alternate Upper Body or Lower Body within Set	yes	yes	yes	yes	
Weight Lifting		speed			
Dryland	no legs				
Yoga			yes		
Heart Rate Sets	yes				
Sprinting Sets					
Race Pace					
100's	choice		some	some + 25's	
200's	choice		some		
500's +	choice		some		
Individualized	choice		some		
Broken 200's with Variations	choice		some		
Broken 100's with Variations	choice		some		

Day #26

spend 5 minutes on reaction drills

Warm up: start into 1st of 4 x 100 choice mix up strokes :20 rest
1-2 50 kick / 50 swim slowly raise heart rate
3-4 swim

3 x 100 swim build to a pace where heart rate is +/- 25 for 10 seconds, take heart rate every 30 seconds when heart rate drops +/- 18 then go..... emphasis on incremental stroke count by 50

Set #1 complete this set twice

6 x 50 VS by 50 90% - 100% on 1:30
#1-2 choice kick, #3 easy kick, #4-6 choice swim

100 @ Race Pace of your choice, break appropriate and as needed if needed incremental stroke count each 25

4 x 75 swim on 1:10
1st 25 4-6 tarzan sprint break out then easy to wall, 2nd 50 recovery next time thru

Set #2 :45 rest

2 x 75 top or 2nd stroke kick broken @ 1st 25 for :10
1st 25 @ 80%, 2nd 50 @ 100%

100 top or 2nd kick 1st 75 5 fast kicks / 6 slow kicks, last 25 easy kick

3 x 100 recovery choice swim on 1:40

Total yardage = 2,650

If you have time add some skills work from Set #1 of Day #28

Day #27

Warm up: start into 200 choice 50 kick / 50 swim @ 70%

4 x 125 choice swim starting @ 75% slowly raise heart rate :15 rest

4 x 50 choice swim 1-2 @ 80%, :15 rest

3-4 heart rate above 25 for 10 seconds

(1-2 minute break)

2 x 100 choice swim VS by 25 #1 70% - 90%, #2 70% - 100% :20 rest

alternate stroke count by 25 lower / higher

2 x 50 choice swim 3 fast strokes / 4 slow strokes

50 easy

Set #1

4 x 25 partner racing free kick on :50

50 kick alternate 5 fast kicks / 10 slow kicks
into next time thru

OVERSPEED

2 x 25 cords pull for speed only

RECOVERY AND RACE PACE

2 x 75 recovery swim on 1:10 +/-

8 x 25 sprint on 1:00

2 x 75 recovery swim on 1:10 +/-

Set #2 swim set

3 x 50 on 1:30 _ way fly kick sprint of each wall then finish each 25 tarzan

100 choice recovery swim :20 rest

4 x 50 on 1:15 alternate 3 up sprint tarzan 6 down easy

100 recovery swim

Total yardage = 2,500

Day #28

Possible meet warm up:

400 choice swim @ 70%

4 x 100 choice 50 kick / 50 swim :15 rest

4 x 75 choice #1-2 kick / swim / kick by 25, #3-4 swim / kick / swim by 25 :15 rest

6 x 50 swim take heart rate then :10 rest
#1-3 heart rate above 25 for 10 seconds, #4 easy,
#5-6 heart rate above 30 for 10 seconds

4 x 75 recovery swim on 1:10 +/-

Set #1 SKILLS spend 10 – 15 minutes on each

1. reaction drills
2. starts and relay starts
3. turns, finishes and walls into and off turns

Set #2

6 x 25 swim @ 100 RP or 200 RP rest appropriate to hold pace
(or 2 x 100 @ 500 RP)

2 x 75 recovery swim on 1:10 +/-

2 x 100 choice kick :15 rest
1st 25 alternate 5 fast kicks / 6 slow kicks, last 75 @ 70%

4 x 25 kick #1-2 build to sprint, #3-4 @ 70%

2 x 75 recovery swim on 1:10 +/-

Total yardage = 2,500

Day #29

Warm up: :20 rest below

4 x 100 choice 25 kick / 50 build swim / 25 tarzan increasing arm speed

2 x 25 6 stroke tarzan break out then easy to wall

200 swim VS by 50

(odd 50's 1st 25 @ 95% broken @ 25 for :10 / 2nd 25 @ 100%) /
even 50's easy

Set #1

2 x 200 on 3:30 +/-

50 kick (1st 25 @ 95% broken @ 25 for :05 / 2nd 25 @ 100%)

100 swim top or 2nd stroke alternate 15 fast strokes 16 slow strokes

50 kick alternate 19 fast kicks 20 slow kicks

2 x 125 on 2:30 +/-

25 easy kick / 75 5 sprint tarzan up 8 down easy / 25 easy swim

Set #2 Individualized Race Pace – based on events you are swimming at champs!
rest appropriate and broken as needed to hold pace without full recovery
and warm down more if needed
remember to maintain arm speed with incremental stroke count

3 x 100

50 @ race pace broken if needed followed by 50 easy swim
complete for a total of 6 x 50's 3 @ race pace desired

2 x 100 recovery swim on 1:40 +/-

Set #3 spend 5 minutes on reaction drills

2 x 50 OVERSPEED cords drag and pull continuous 50's +/- :30 rest

2 x 25 cords pull only for speed racing other partner groups doing cords if
available to you

2 x 75 recovery swim on 1:10 +/-

Total yardage = 2,500

Day #30

Warm up: spend 5 minutes on reaction drills

6 x 50 choice swim all with starts, 3 no grab and 3 quick starts

spend 10 minutes on relays starts with the start, turn and finish drill
sprint break outs with relay start, if you have enough staff or use
swimmers have someone time turns and someone judge relay starts

Set #1

9 x 100 top or 2nd stroke for majority of 100's

1-3 on 1:25 +/- 25 kick / 75 swim @ 75%

4-6 on 1:40 +/- VS by 50 1st 50 25 kick / 25 swim @ 75%
with last 50 swim @ 95%

7-9 on 2:00 +/- same as previous 4 except last 50 @ 100% (100 RP)

(if you need front end speed on your swims then switch VS 50's above)

8 x 50 :15 rest

odds #1,3 sprint kick VS by 25 95% - 100%

odds #5,7 kick alternate 15 fast kicks / 20 slow kicks

evens 50 easy swim

Set #2 paddle swim set if desired – work in majority of set top or 2nd stroke

4 x 150 on 2:20 +/- build to 80% with inc stk cnt by 50

2 x 100 on 1:35 +/- build to 90% with inc stk cnt by 25

2 x 50 on :45 +/- VS by 25 70% - 75% with inc stk cnt
repeat above

warm down more if needed

Total yardage = 2,500

DRYLAND | WEEK 6 (WORKOUT 1)

Workout #1 (Week 6)

Warm-up	1:30 Squat/Thrust 2:00 Stability w/switches 1:30 Mountain Climbers 2:00 Core rotation (pick 4 exercises, switch every :30)
Work Sets	Cycle – x 3 1:00 Med Ball Sledge Hammer no Rest within cycles 1:00 Mountain Climbers 1:00 Med Ball Russian Twist 2:00 Rest between Cycles 2:00 Walk-out Push-ups(2 @ bottom) continuous, no R 3:00 Clap Push-ups, 5 every :30 Rest as indicated
C-down	3:00 Core Rotation, pick 6 exercises, switch every :30 2 x 1:30 Stability w/switches 10:00 Active and Passive Stretching

DRYLAND | WEEK 6 (WORKOUT 2)

Workout #2 (Week 6)

Warm-up	1:00 Mountain Climbers 2:00 Core Rotation (pick 4 exercises, switch every :30) 1:00 Squat/Thrust 2 x 1:30 Stability w/switches 6:00 Active and Passive Stretching
Work Sets	4 x :30 Mountain Climbers :30 Rest between 3 x :30 Thrusters :30 Rest between 3 x 1:00 Walk-out Push-ups, 1 @ bottom :30 Rest between 4 x 1:00 Rotate/Twist/Sit-up 4 twists:4 Sit-ups :30 Rest between 3 x :45 Med Ball Sledgehammer :30 Rest between
C-down	2 x 1:30 Stability 2 x 1:30 Core rotation, pick 3 exercises, switch every :30 10:00 Active and Passive Stretching

faster swimming | WEEK SEVEN SWIM

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Basic Workout	#31	#32	#33		
Yardage	2,000	2,000	1,500		
Stroke count set	yes	yes	yes		
Strokes up(Tarzan) strokes down (easy)	yes				
Tarzan	yes				
Tarzan to Easy		yes	yes		
Overspeed and racing		yes			
Race Pace	yes	yes	yes		
Recovery Set	yes	yes	yes		
Recovery Day					
Starts		yes			
Relay Starts		yes			
Reaction Drills	yes	yes	yes		
Aerobic Yardage	1,000	1,000	1,000		
Variable speed swimming distances	yes	yes			
Variable speed by stroke count	yes	yes			
Variable speed effort	easy - 100%	easy - 100%			
Turns		yes			
Timed walls - turns and finishes, etc..		yes			
Legs					
Yardage	500	500	500		
Maximum Distances	100	100			
Variable Speed Distances	25	25			
Variable speed by kick count	yes	yes			
Variable Speed Effort	easy - 100%	easy - 100%			
Broken Sprint Kicks		yes			
All-Out Sprint Kicks	yes				
Yardage of Easy Kicking	250	250	500		
Basic Format					
Alternate Upper Body or Lower Body by Set					
Alternate Upper Body or Lower Body within Set	yes	yes	yes		
Weight Lifting	speed				
Dryland					
Yoga	yes	yes			
Heart Rate Sets	no				
Sprinting Sets					
Race Pace	choice	choice	choice		
100's					
200's					
500's +					
Individualized					
Broken 200's with Variations					
Broken 100's with Variations					

Day #31

spend 5 minutes on reaction drills

Warm up: take :20 - :30 rest thru set as needed if needed

400 choice 25 kick / 25 swim @ 70%

2 x 50 top or 2nd stroke kick @ 90%

100 top or 2nd stroke kick alternate 9 fast / 10 slow

2 x 50 top or 2nd stroke kick VS by 25 95% - 100%

100 easy

Set #1 Individualized Race Pace based on events you are swimming at champs!
adjust accordingly and rest as needed to hold desired Race Pace
adjust RP examples below as needed with inc stk cnt emphasis
challenge yourself if you are feeling good and do some from the Block!!

complete the following:

100 @ 500 RP @ 90%

2 x 50 @ 200 RP @ 95%

4 x 25 @ 100 RP @ 100%

4 x 100 recovery swim on 1:40

Set #2 complete the following:

8 x 25 on :50

1-4 6 tarzan sprint stroke break out then easy to wall

5-8 racing partner free swim

100 easy

Set #3 **OVERSPEED**

2 x 25 pull for speed only

150 easy

Total yardage = 2,000

Day #32

spend 5 minutes on reaction drills

Warm up: start into 600 choice 25 kick / 25 swim @ 70% :20 rest thru set

100 choice kick alternate 19 fast / 20 slow

4 x 25 top or 2nd stroke kick, odds @ 95%, evens @ 100%

100 easy

Set #1 top or 2nd stroke for at least 3 of the 5 below – paddles if desired

5 x 100 swim on 2:00 strong @ 85% with inc stk cnt by 50
this should elevate the heart rate leaving enough time for significant
recovery but be slightly challenging

125 easy to blocks

Set #2 Block Sprints

3 x 25 sprints thru turn working on front end splits to 50 or 100

4 x 100 recovery swim on 1:40

Total yardage = 2,000

Day #33

Today is about you and learning to read your body. You always need to prime your nervous system with some Race Pace, tarzan or variable speed work If you haven't clued in yet we do this all the time.

Warm up: 300 choice swim @ 70% +/- :15 rest thru warm up

3 x 100 choice 50 kick / 50 swim

4 x 75 choice #1-3 kick / swim / kick by 25, #4-6 swim / kick / swim by 25

6 x 50 choice #1-3 heart rate above +/- 25 for :10 seconds, #4 easy,
#5-6 heart rate above +/- 30 for :10 seconds

100 easy

Your choice on some Race Pace, Tarzan, Variable Speed work – get the fast twitch muscles working.
Totalling 200 yards

Warm down as needed.

GOOD LUCK at your meets!

Total yardage = +/- 1,500

DRYLAND | WEEK 7 (WORKOUT 1)

Workout #1 (Week 7)

Warm-up	1:30 Squat/Thrust 2:00 Stability w/switches 1:30 Mountain Climbers 6:00 Active and Passive Stretching
Work Sets	Cycle – x 3 :45 Med Ball Sledge Hammer no Rest within cycles :45 Mountain Climbers 1:00 Med Ball Russian Twist/Sit-up 2:00 Rest between
Cycles	(4 twists/4 sit-ups) 2:00 Walk-out Push-ups(2 @ bottom)continuous, no Rest 3:00 Clap Push-ups, 3 every :30 Rest as indicated
C-down	3:00 Core Rotation, pick 6 exercises, switch every :30 2 x 1:30 Stability w/switches 10:00 Active and Passive Stretching

DRYLAND | WEEK 7 (WORKOUT 2)

Workout #2 (Week 7)

Warm-up	1:00 Mountain Climbers 1:00 Squat/Thrust 2 x 1:30 Stability w/switches 6:00 Active and Passive Stretching	
Work Sets	3 x :30 Mountain Climbers 2 x :30 Thrusters 3 x 1:00 Walk-out Push-ups, 1 @ bottom 3 x 1:00 Rotate/Twist/Sit-up 4 twists:4 Sit-ups 3 x :45 Med Ball Sledgehammer	:30 Rest between :30 Rest between :30 Rest between :30 Rest between :30 Rest between
C-down	2 x 1:00 Stability 2 x 1:30 Core rotation, pick 3 exercises, switch every :30 10:00 Active and Passive Stretching	

