

Kahuna

Practice #1 Distance

WU:

1x 800

200 of each Swim, Kick, Pull, Swim

8x50 @ 1:00 CH sprint the underwater through break out

Main Set:

3 x (use tempo trainer as you fatigue)

1x200 @2:30 build

1x200 @2:40 hit goal pace

1x200 @3:00 recovery

2x100 @1:15 build

2x100 @1:30 hit goal pace

2x100 @1:45 recovery

4x50 @:45 build

4x50 @:50 hit goal pace

4x50 @1:00 recovery

Warm down:

500 mininum

Kahuna

Practice #2 Sprint

WU

6x100 @1:30 pick a skill to focus on (Underwaters, breathing patterns, steady kick, head position etc)

4x50 @:50 Ch Build

8x25 :30

O-sprint break outs

E-sprint finishes

Main Set:

2x through

6x25 @:30 strong with quick tempo

2x75 @1:05

1-strong

2-All Out

3x50 @:45 work steady kick to MATCH TEMPO

3x100@1:15 ALL OUT

RZ 200 between sets

8x150 @1:50

O- DPS (distance per stroke)

E 50 kick/ 100 swim

Kahuna

Practice #3 Aerobic

WU:

1x200 choice

2x

3x75 @1:30 k/d/s

2x100 @1:30

4x50 @1:00 work fast turns

6x25 @:30 work underwaters to half way

Main set:

1x100 @1:20 free

1x50 @1:00 non free

2x100 @1:20 free

2x50 @1:00 non free

3x100 @1:20 free

3x50 @1:00 non free

4x100 @1:20 free

4x50 @1:00 non free

1x100 @1:15 free. *faster interval here*

3x50 @1:00 non free

1x100 @1:15 free

2x50 @:50 non free

1x100 @1:15 free ALL OUT

1x50 @1:00 non free ALL OUT

Warm down:

Minimum 600