

Summer Training

Week 1:

Monday: Freestyle

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 8x25 Freestyle Progression Drills
 - 2x25 freestyle kick on your side, Right Down Left Back
 - 2x25 Head lead body roll
 - 2x25 Single Arm Freestyle, Right Down Left Back
 - 2x25 Triple Switch
- 8x50 Freestyle
- Starts

Cooldown (100)

- 1x100 Easy
 - Freestyle down Backstroke Back
-

Junior 2&3 (1900 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1000)

- 8x50 Freestyle Progression
 - 2x50 6 Kick Switch
 - 2x50 Single Arm Freestyle alt by 50
 - 2x50 Triple Switch
 - 2x50 Zip up into finger tip drag
- 4x50 Kick Head Lead Body Position
- 8x50 Freestyle 1:00
- Starts

Cooldown (200)

- 1x200 Easy
 - Freestyle/ Backstroke alternating
-
-

Senior 1&2 (2700 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 KOB
- 4x50 Freestyle Descend 1:00

Main Set (1500)

- 12x50 Drill/Swim Freestyle
 - 4x50 6 Kick Switch
 - 4x50 Triple Switch
 - 4x50 Zip up into Finger Tip Drag
- 12x25 sprint half way no breathing then easy
- 3x200 Freestyle 3:30
- Starts

Cooldown (200)

- 1x200 Easy
 - Freestyle/backstroke alternating
-

Tuesday: Breaststroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 8x25 Breaststroke Kick with kickboards
- 8x25 Breaststroke Drill
 - 4x25 Cobra
 - 4x25 2 Kicks 1 Pull
- 4x50 Breaststroke Swim 2:00
- Starts

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (1950 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1200)

- 8x50 Breaststroke Kick with kickboard
- 8x50 Breaststroke Drill
 - 2x50 Cobra
 - 2x50 2 Kicks 1 Pull
 - 2x50 2 up 1 Down
 - 2x50 5 second glide
- 8x25 Double Pullout Breaststroke
- 1x200 Breaststroke

Cooldown (150)

- 1x150 Freestyle
-

Senior 1&2 (2875 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 KOB
- 4x50 Freestyle Descend 1:00

Mainset (1375)

- 8x100 DKDS
 - 2x100 Head Lead Breaststroke Kick with Hands behind
 - 2x100 2 Kicks 1 Pull
 - 2x100 2 Up 1 Down
 - 2x100 5 Second Glide
- 8x25 Only Pullouts
- 3x125 Breaststroke

Cooldown (200)

- 1x200 Easy Freestyle
-

Wednesday: Senior Kick Day

Senior 1&2 (3050 Yards)

Warmup (1300)

- 500 Freestyle
- 400 IM DKDS
- 200 KOB
- 4x50 Freestyle Descend 1:00

Mainset (1550)

- 1x100 IM Kick
- 1x400 Freestyle Descend by 100
- 1x200 IM Kick
- 1x300 Freestyle Descend by 75
- 1x300 IM Kick
- 1x200 Freestyle Descend by 50

Cooldown (200)

- 1x200 Single Arm/ Double Arm Backstroke
-

Thursday: Backstroke

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (700)

- Backstroke Wall count Practice
- 8x25 Streamline Kick
- 12x25 Backstroke Drills
 - 4x25 L Drill
 - 4x25 6 Kick Switch
 - 4x25 4x25 Triple Switch
- 4x50 Backstroke

Cooldown (100)

- 1x100 Easy Freestyle
-

Junior 2 & 3 (1700 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (800)

- 4x75 KDS Backstroke
 - L Drill
 - 6 Kick Switch
 - Triple Switch
 - Double Arm Backstroke
- 4x50 Backstroke 2:30
- Backstroke starts
- 12x25 Backstroke Sprint

Cooldown (200)

- 1x200 Easy
-

Senior 1 & 2 (2750 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1250)

- Backstroke turns
- 10x100 DKDS
 - Choice Drill
- 5x50 Backstroke 1:30
- Backstroke Starts

Cooldown (200)

- 1x200 Freestyle
-

Friday: Butterfly

Junior 1 (1300 yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 8x25 Butterfly Kick with Kickboard
- 8x25 Butterfly Drill
 - 2x25 Head Lead Body Dolphin
 - 2x25 3 Kicks then Pull Down 3 Kicks
 - 2x25 Right Arm/ Left Arm
 - 2x25 Single Double Single
- 8x25 Butterfly Swim
- Starts

Cooldown (100)

- 100 Easy Freestyle
-

Junior 2&3 (2100 yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Mainset (1200)

- 8x75 Butterfly Kick with Kickboard
- 8x50 Drill
 - 2x50 Head Lead Body Dolphin
 - 2x50 3 kicks pull down 3 kicks
 - 2x50 Mermaid Drill
 - 2x50 Single Double Single
- 2x100 Butterfly
- Starts

Cooldown (200)

- 1x200 Easy
-

Senior 1&2 (2900 Yards)**Warmup (1300)**

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1400)

- 8x25 Underwaters halfway easy Freestyle rest of the way
- 5x100 DKDS Butterfly
- 1x300 Freestyle
- 8x50 Butterfly 1:00

Cooldown (200)

- 1x200 Easy Freestyle

Saturday: Junior IM Day

Junior 1 (1000 yards)**Warmup (600)**

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 4x25 IMO KOB
- 4x25 IMO Drill
- 4x25 IMO Swim
- 2x100 IM
- Starts

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (1850 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Mainset (1000)

- 4x100 IMO Kick
- 4x75 Broken IMs
- 1x150 Freestyle
- 1x200 IM no Free (has to be 100 of another stroke).

Cooldown (150)

- 150 Easy
-

Week 2:

Monday: Butterfly

Junior 1 (1200 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 4x50 KS Fly
- 1x50 Freestyle
- 1x50 Breaststroke
- 8x25 Butterfly
- Turns if Time

Cooldown (100)

- 1x100 Freestyle
-
-
-

Junior 2&3 (1700 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Mainset (950)

- 8x75 KKS Butterfly
- 1x150 Freestyle Easy
- 4x75 Butterfly Swim
- 1x100 Double arm backstroke
- Starts

Cooldown (150)

- 1x150 Freestyle
-

Senior 1&2 (3200 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breaststroke
- 4x50 Freestyle Descend 1:00

Mainset (1700)

- 20x25 Butterfly Kick :45
- 1x200 Easy
- 10x50 Butterfly Kick 1:35
- 1x200 Easy
- 3x100 Butterfly

Cooldown (200)

- 1x200 Easy
-

Tuesday Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 8x75 KKS
- 2x100 Backstroke Swim

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (2200 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Main set (1450)

- 20x25 Flutter Kick w/ Kickboard :50
- 2x225 Freestyle Sprint Last 50
- 10x25 Flutter Kick w/ Kickboard :45
- 2x125 Freestyle Sprint Last 50

Cooldown (150)

- 1x150 Freestyle Easy
-

Senior 1&2 (3400 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/back
- 4x50 Freestyle descend 1:00

Mainset (1900)

- 10x50 Flutter Kick 1:00 500
- 12x25 Backstroke Halfway underwater :40
- 6x50 Texas 50's
- 4x200 Backstroke 3:30

Cooldown (200)

- 1x200 Easy
-

Wednesday IM Day

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (700)

- 3x100 IM
- 4x50 IMO
- 1x200 IM

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2 &3 (2000 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Mainset (1200)

- 2x200 FrIM
- 2x200 Freestyle/Backstroke
- 2x200 IM
- 2x200 Breaststroke/Butterfly
- 4x50 IMO Sprint 1:30

Cooldown (100)

- 1x100 Easy

Senior 1&2 (3600 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main set (2300)

- 5x50 Butterfly 1:00
- 1x200 Easy
- 5x50 Backstroke 1:00
- 1x200 Easy
- 5x50 Breaststroke 1:00
- 1x200 Easy
- 5x50 Freestyle 1:00
- 1x200 Easy
- 1x500 IM

Cooldown (200)

- 1x200 Freestyle Easy
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Thursday: Breaststroke Day

Junior 1 (1200 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 4x75 KDS 2 Kicks 1 Pull
- 4x50 Breaststroke

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (2000 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Mainset (1100)

- 4x50 Breaststroke Kick
- 8x50 DS
 - 2x50 Cobra
 - 2x50 2 Kicks 1 Pull
 - 2x50 2 Up 1 Down
 - 2x50 3 Second Glide
- 5x100 Breaststroke Swim

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (2800 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 IM DKDS
- 1x200 Breast/back
- 4x50 Freestyle Descend 1:00

Mainset (1500)

- 5x100 Breaststroke Kick
- 5x100 Breaststroke 50 Drill 50 Swim
 - Choice Drill
- 12x25 3 Pullout rest Breaststroke
- 2x200 Breaststroke Swim

Cooldown (200)

- 1x200 Easy Freestyle
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Friday: Freestyle

Junior 1 (1300 Yards)**Warmup (600)**

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 Freestyle KS
- 4x50 Freestyle DS
 - 2x50 6 Kick Switch
 - 2x50 Triple Switch
- 4x50 Freestyle Swim

Cooldown (100)

- 1x100 Easy Backstroke
-

Junior 2&3 (2200 Yards)**Warmup (700)**

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Main Set (1300)

- 10x50 Freestyle Kick
- 10x50 Freestyle DS
- 6x50 Freestyle

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3400 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/back
- 4x50 Freestyle Descend 1:00

Main Set (1900)

- 10x100 DKKS
 - 2x 6 Kick Switch
 - 2x Triple Switch
 - 2x Mighty Mouse
 - 2x Stop Stop Switch
 - 2x Zip up Finger Tip Drag
- 1x300 Freestyle
- 12x50 Freestyle

Cooldown (200)

- 1x200 Backstroke Easy
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Saturday: Sprint day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 1x150 Freestyle
- 4x25 Freestyle
- 1x150 Freestyle
- 4x25 Freestyle
- 1x150 Freestyle

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Mainset (1500)

- 1x250 Freestyle Descend every 50
- 5x50 Freestyle 1:30
- 1x250 Freestyle Descend every 50
- 5x50 Freestyle 1:30

Cooldown (200)

- 1x200 Easy
-

Senior 1&2 (2900 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/back
- 4x50 Free Descend 1:00

Mainset (1400)

- 1x200 Flutter Kick
- 8x50 Sprint Free 1:00
- 1x200 flutter kick
- 8x50 Sprint Free 1:00
- 1x200 Flutter Kick

Cooldown (200)

- 1x200 Freestyle Easy
-

Week 3

Monday: Freestyle

Junior 1 (1200 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 4x50 Freestyle DS
 - 6 strokes then flip
 - 6 kick Switch
 - Zip up into fingertip drag
 - Mighty Mouse
- 6x50 Freestyle
- Starts

Cooldown (100)

- 100 Easy
-

Junior 2&3 (2150 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Main Set (1400)

- 4x75 KDS
 - Zip up into finger tip Drag
- 200 Freestyle Kick
- 12x25 Freestyle Sprint :45 Seconds
- 3x200 Negative Split
- Starts

Cooldown (150)

- 1x150 Freestyle
-

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1800)

- 8x25 Freestyle 1:00
- 1x300 Freestyle Build by 75
- 2x100 Freestyle 1:45
- 1x400 Freestyle Build by 100
- 1x200 Freestyle Negative Split
- 1x500 Freestyle Build by 125

Cooldown (200)

- 200 Easy
-

Tuesday: Breaststroke

Junior 1 (1300 yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 4x50 KD
 - Kick on Back
 - 2 kicks 1 pull
- 4x50 DS
 - 2 up 1 Down
- 4x50 Breaststroke Swim

Cooldown (100)

- 100 Easy
-

Junior 2&3 (1800 yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/back

Main Set (1200)

- 4x50 Breaststroke Kick with Kickboard
- 8x50 Breaststroke Drill
 - 2x50 Hand on Butt Breaststroke kicking
 - 2x50 Cobra
 - 2x50 Viper
 - 2x50 3 second Glide
- 6x100 Breaststroke Swim

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3200 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1700)

- 1x200 Breaststroke Kick with kickboards
- 8x100 DKDS
 - Choice drill
- 4x50 Breaststroke 1:00
- 1x200 Freestyle
- 5x100 Breaststroke

Cooldown (200)

- 1x200 Easy
-

Wednesday: IM Day

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (700)

- 4x75 IM
- 4x100 IM

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2100 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1200)

- 1x300 IM Kick
- 1x200 IM Drill
- 1x100 IM Sprint
- 3x100 FrIM
- 12x50 IMO

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3400 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1900)

- 8x75 IM Kick
- 1x200 Easy
- 8x75 IM Sprint 1:30
- 1x200 Easy
- 1x300 IM

Cooldown (200)

- 1x200 Easy
-

Thursday: Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 5x50 Backstroke Drill
 - Hand Lead Sweet Spot
 - 6 Kick Switch
 - L Drill
 - Single Arm Backstroke
 - Triple Switch
- 5x50 Backstroke 1:30
- 100 Backstroke Kick with emphasis on turns

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (2200 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1300)

- 8x50 Texas 50s
- 8x75 KDS
 - Choice Drill
- 3x100 Backstroke Swim

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3200 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breaststroke/backstroke
- 4x50 Freestyle Descend 1:00

Main Set (1700)

- 10x50 DSS
 - 2x50 Head Lead Sweet Spot (1R, 1L)
 - 2x50 6 Kick Switch
 - 2x50 L Drill
 - 2x50 Single Arm Backstroke
 - 2x50 Triple Switch
- 10x50 Texas 50 Backstroke
- 1x200 Freestyle Easy
- 20x25 Backstroke :45

Cooldown (200)

- 1x200 Easy

Friday: Butterfly

Junior 1: 1200 yards

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (500)

- 4x50 Butterfly kick with kickboard
- 8x25 Drill
 - 2x25 Head Lead body dolphin
 - 2x25 Sculling with dolphin kick
 - 2x25 Single arm Butterfly
 - 2x25 Single Double Single
- 4x25 Butterfly

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1400)

- 8x75 Butterfly KDS
 - 2x Head Lead Body Dolphin
 - 2x Single Arm Butterfly
 - 2x Single Double Single
 - 2x Mermaid Drill
- 4x50 Butterfly
- 1x200 Freestyle
- 2x100 Butterfly

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3200 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1700)

- 1x200 Fly Kick with Kickboard
- 8x100 DKDS
 - 2x Head Lead Body Dolphin
 - 2x Three Right Three Left Three Together
 - 2x Single Double Single
 - 2x Mermaid Drill
- 1x200 Freestyle Ascend by 50
- 4x125 Butterfly (Last 50 Freestyle)

Cooldown (200)

- 200 Easy

Saturday: Kick Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 8x25 Sprint Flutter Kick
- 1x100 Freestyle
- 8x25 Sprint Dolphin Kick
- 1x100 Freestyle

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2000 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1100)

- 1x200 Flutter Kick
- 1x200 Dolphin Kick
- 1x200 Breaststroke Kick
- 5x100 Choice 2:00

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1 & 2 (3000 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1500)

- 20x25 IMO Kick :50
- 5x200 KS by 50 Choice Strokes

Cooldown (200)

- 1x200 Freestyle Easy
-

Week 4

Monday: Butterfly

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 Butterfly Kick with Board
- 6x50 Butterfly DS
 - 2x50 Right Arm Butterfly
 - 2x50 Left Arm Butterfly
 - 2x50 Single Double Single
- 4x25 Butterfly Swim

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1500)

- 8x25 Underwater Dolphin Kick Half way
- 8x75 DKS Butterfly
- 1x200 Freestyle
- 10x50 Butterfly

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3000)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/back
- 4x50 Freestyle Descend 1:00

Mainset (1700)

- 8x25 Underwater Half Way
- 4x125 Butterfly DKDS
 - Choice Drill
- 200 Easy
- 12x25 Butterfly :35
- 2x250 First one Pace Second one Cooldown

Cooldown (200)

- 1x200 Freestyle
-

Tuesday: Backstroke

Junior 1 (1100 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (400)

- 8x25 Backstroke Drill
 - 2x Body Roll
 - 2x Single Arm
 - 2x 6 Kick Switch
 - 2x 2-2-2
- 4x50 Backstroke 1:30 Sprint

Cooldown(100)

- 1x100 Easy Freestyle

Junior 2&3 (2200 yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1300)

- 5x100 DK
 - 50 Kick 50 Drill Choice
- 12x25 Backstroke Halfway underwater
- 5x100 Backstroke Sprint 2:30

Cooldown (200)

- 1x200 Easy
-

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1800)

- 1x400 Backstroke KS By 100
- 1x100 Freestyle
- 1x300 Backstroke KS By 75
- 1x200 Freestyle
- 1x200 Backstroke KS By 50
- 1x300 Freestyle
- 3x100 Backstroke 2:30

Cooldown (200)

- 1x200 Easy
-

Wednesday: IM Day

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (700)

- 8x25 IMO Kick
- 8x25 IMO Drill
- 12x50 IMO Swim

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1500 Yards)

- 4x75 IMO Kick
- 4x75 IMO Drill
- 4x75 IMO Swim
- 4x75 IM
- 1x100 Freestyle easy
- 1x200 IM

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3300)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1800)

- 1x300 Butterfly Kick
- 1x100 Butterfly Sprint
- 1x300 Back Flutter
- 1x100 Backstroke Sprint
- 1x300 Breaststroke Kick
- 1x100 Breaststroke Sprint
- 1x300 Freestyle Kick
- 1x100 Freestyle Sprint
- 1x200 Freestyle Descend by 50

Cooldown (200)

- 1x200 Freestyle

Thursday: Breaststroke

Junior 1 (1500 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (800)

- 2x100 Breaststroke Kick
- 8x25 Breaststroke with Double Pullout
- 8x50 Breaststroke

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1400)

- 2x200 Breaststroke Kick
- 2x300 DSS by 75
 - 2 Kicks 1 Pull
 - 2 Up 1 Down

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3200 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1700)

- 3x200 Breaststroke Kick
- 4x200 Breaststroke
- 6x50 Breaststroke Sprint 1:30

Cooldown (200)

- 1x200 Freestyle Easy
-

Friday: Freestyle

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (700)

- 8x25 Superman Freestyle
- 8x25 Drill Zip Up/Mighty Mouse
- 10x50 Freestyle 1:30

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1400)

- 8x25 Superman Turns
- 2x300 Freestyle
 - First Pull
 - Second Kick
- 2x300 Freestyle Full Swim

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Free Descend 1:00

Mainset (1800)

- 5x100 Base Interval from Spring (1:18/1:25/1:30/1:40)
- 12x50 Kick 1:00
- 5x200 Free Descend by 50

Cooldown (200)

- 1x200 Freestyle Easy
-
-

Saturday Kick Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 4x50 Freestyle Kick 2:00
- 8x25 Freestyle Sprint
- 1x200 Freestyle KDSS by 50

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2000 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x300 IM kDS
- 1x200 Breast/Back

Mainset (1200)

- 2x75 Flutter Kick
- 2x75 Freestyle
- 2x75 Dolphin Kick
- 2x75 Butterfly
- 2x75 Breaststroke Kick
- 2x75 Breaststroke
- 2x75 Flutter Kick on Back
- 2x75 Backstroke

Cooldown (200)

- 1x200 Freestyle

Week 5:**Monday: Freestyle**

Junior 1 (1200 Yards)**Warmup (600)**

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 2x50 Freestyle DS
 - Triple Switch
 - zip up into finger tip drag
- 1x200 Freestyle
- 4x25 Sprint :40 seconds
- 1x100 Free/Back

Cooldown (100)

- 1x100 Easy
-

Junior 2&3 (2200 Yards)**Warmup (700)**

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1300)

- 3x200 Freestyle: Easy 50, Sprint 100, Easy 50
- 1x300 Descend by 75
- 100 Easy
- 6x50 Freestyle

Cooldown (200)

- 1x200 Easy Freestyle
-

Senior 1&2 (3200)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Descend 1:00

Mainset (1700)

- 4x200 Freestyle 2:45/2:50/3:00/3:10
- 1x400 Freestyle
- 10x25 Freestyle Sprint :30
- 1x250 Negative Split

Cooldown (200)

- 1x200 Freestyle Easy
-

Tuesday: Breaststroke

Junior 1 (1200 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 4x50 Breaststroke Kick
- 8x50 Drill/Swim Choice Drill

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2000 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1200)

- 4x100 KDKD Progression Stroke
 - Hands on Butt Breaststroke Kick
 - 2 Kicks 1 Pull
 - 2 Up 1 Down
 - 5 Second Glide
- 8x25 Pullouts Halfway then swim rest of the lap
- 6x100 Breaststroke 2:00

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3000)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Descend 1:00

Mainset (1700)

- 4x100 KDKD Progression Stroke
 - Hands on Butt Breaststroke Kick
 - 2 Kicks 1 Pull
 - 2 Up 1 Down
 - 5 Second Glide
- 4x100 DSDS
 - Cobra
 - Viper
 - 3 Second Glide
 - 1 Second Glide
- 10x100 Breaststroke 1:45

Cooldown (200)

- 1x200 Freestyle Easy
-

Wednesday: IM Day

Junior 1 (1500 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (800)

- 8x50 IMO
- 2x100 FrIM
- 2x100 IM

Cooldown (100)

- 1x100 Freestyle

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1500)

- 5x100 FrIM
- 5x100 IM
- 1x200 Free/Back
- 1x200 Breast/Back
- 1x100 IM Sprint

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3500)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (2000)

- 2x100 Fly Kick
- 6x50 Butterfly 1:00
- 2x100 Flutter KOB
- 6x50 Backstroke 1:00
- 2x100 Breaststroke Kick
- 6x50 Breaststroke 1:00
- 2x100 Flutter with Kickboard
- 6x50 Freestyle 1:00

Cooldown (200)

- 1x200 Freestyle Easy
-

Thursday: Backstroke Day

Junior 1 (1200 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (500)

- 4x50 DS Choice
- 6x50 Backstroke Swim

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2200)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1300)

- 8x25 Underwater Halfway
- 5x100 KKDD
 - Hand Lead Sweet Spot
 - Right Arm Backstroke
 - Left Arm Backstroke
 - L Drill
 - Triple Switch
- 5x100 DDSS
 - Same Drills as Before
- 1x200 Backstroke

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3200)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1700)

- 5x200 KDSS By 50 Choice Drill
- 1x200 Freestyle
- 5x100 Backstroke 1:30

Cooldown (200)

- 1x200 Freestyle Easy
-

Friday Butterfly

Junior 1 (1400)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (700)

- 4x25 Head lead Body Dolphin
- 4x25 Single Arm Butterfly
- 4x25 Single Double Single Butterfly
- 8x50 Butterfly

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2300)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1400)

- 8x50 Butterfly KOB
- 8x50 Butterfly Drill
 - Body Dolphin
 - Single Arm Butterfly
 - 3R 3L 3T
 - Mermaid Drill
- 8x25 Butterfly Halfway Underwater
- 1x100 Freestyle
- 2x100 Butterfly

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3200)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1700)

- 5x100 Fly Kick with Kickboard
- 1x100 Easy
- 8x50 Drill
 - Body Dolphin
 - Single Arm Butterfly
 - 3R 3L 3T
 - Mermaid Drill
- 8x25 Butterfly halfway underwater
- 1x100 Freestyle
- 4x100 Butterfly

Cooldown (200)

- 1x200 Freestyle Easy
-

Saturday: Kick Day

Junior 1 (1500)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (800)

- 12x25 Kick 1:15
- 12x25 Swim :50
- 1x200 IM

Cooldown (100)

- 1x100 Freestyle Easy

Junior 2&3 (2200 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1300)

- 4x100 IM
- 100 Freestyle
- 4x100 IMO
- 1x100 Freestyle
- 4x75 IM

Cooldown (200)

- 1x200 Freestyle
-

Week 6:

Monday: Freestyle

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 8x25 Superman Turns
- 8x75 KSS Freestyle

Cooldown (100)

- 1x100 Easy Backstroke
-

Junior 2&3 (2000 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1200)

- 8x25 Hyper Kick
- 1x200 Easy
- 8x75 DSS
 - 2x Single Arm
 - 2x Triple Switch
 - 2x Zip up into Finger Tip Drag
 - 2x Mighty Mouse

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3100 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1600)

- 8x125 KDKSS
 - Choice Drills change every 2 100s
- 100 Backstroke
- 4x125 Freestyle 1:50

Cooldown (200)

- 1x200 Freestyle Easy
-

Tuesday: Breaststroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 4x75 Breaststroke KDD
- 4x25 Breaststroke 2 Pullouts then regular swim
- 4x50 Breaststroke Swim

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main set (1500)

- 4x125 KKDS
- 1x100 Freestyle
- 8x25 Breaststroke Double Pullout
- 4x125 KDDS
- 1x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (2000)

- 4x125 Kick with Kickboard
- 4x125 DSDS Breaststroke Choice Drill
- 1x200 Breast/Free
- 4x225 Breaststroke

Cooldown (200)

- 1x200 Freestyle Easy
-

Wednesday: IM Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (700)

- 8x75 IM
- 1x100 IM Sprint

Cooldown (100)

- 1x100 Freestyle

Junior 2&3 (2500 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1400 Yards)

- 4x100 IMO Kick
- 1x100 Freestyle
- 4x200 IM
- 1x100 IM Sprint

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3300)

Warmup (1300)

- 1x500 Freestyle
- 1xRIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 20x25 IMO :45
- 1x400 Freestyle Descend by 100
- 20x25 IM Stacked
- 1x400 Freestyle Descend by 100
- 4x50 IMO Sprint 2:00

Cooldown (200)

- 1x200 Freestyle Easy
-

Thursday: Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 4x25 L Drill
- 4x25 Triple Switch
- 8x25 Superman Backstroke Turns
- 4x50 Backstroke Swim

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1400)

- 4x200 DKDS by 50
- 8x25 Halfway Underwater
- 8x50 Backstroke

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3200)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (1700)

- 5x100 DKDK
- 5x100 KSKS
- 8x25 Backstroke Halfway Underwater
- 5x100 Backstroke Swim

Cooldown (200)

- 1x200 Freestyle
-

Friday: Butterfly

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 2x50 KD
 - Right Arm Fly
 - Left Arm Fly
- 4x50 DS Butterfly
 - 2x 3R 3L 3T
 - 2x Single Double Single
- 12x25 Butterfly

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1400)

- 8x50 Butterfly Kick
- 8x50 Butterfly Drill
 - 2x50 Single Arm
 - 2x50 3R 3L 3T
 - 2x50 Single Double Single
 - 2x50 Mermaid Drill
- 1x200 Freestyle
- 8x50 Butterfly

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 12x50 Butterfly Kick
- 12x50 Butterfly Drill
 - 3x50 Single Arm
 - 3x50 3R 3L 3T
 - 3x50 Single Double Single
 - 3x50 Mermaid Drill
- 1x200 Freestyle
- 12x50 Butterfly

Cooldown (200)

- 1x200 Freestyle

Saturday: Kick/Sprint Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 8x25 Freestyle Sprint
- 4x25 Kick
- 8x25 Freestyle
- 4x25 Kick

Cooldown (100)

- 1x100 Backstroke Easy
-

Junior 2&3 (2600 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1700)

- 12x25 Freestyle Sprint :50
- 8x25 Kick 1:15
- 12x25 Freestyle Sprint :50
- 8x25 Kick
- 12x25 Choice Sprint :50
- 8x25 Kick Choice
- 1x200 Freestyle Negative Split

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3400 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Free Descend 1:00

Mainset (1900)

- 1x200 Kick Breast/Flutter
- 20x25 Breast/Free :50
- 1x200 Kick Dolphin/Flutter
- 20x25 Fly/Free
- 5x100 IM 1:45

Cooldown (200)

- 1x200 Freestyle Easy
-

Week 7:

Monday: Butterfly

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x75 KDS Butterfly
- 2x50 Freestyle/Butterfly
- 8x25 Butterfly

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 8x75 Butterfly KDS
- 1x100 Freestyle
- 4x75 Butterfly
- 1x200 Freestyle
- 6x50 Butterfly For Time

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 12x75 KDS Butterfly
- 1x200 Freestyle
- 4x75 Butterfly
- 1x200 Freestyle
- 4x100 Butterfly

Cooldown (200)

- 1x200 Freestyle
-

Tuesday: Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 3x50 Backstroke KD
 - 6 Kick Switch
 - L Drill
 - Triple Switch
- 3x50 DS
 - Same Drills as above
- 4x50 Backstroke Swim
- 4x25 Backstroke Sprint :50

Cooldown (100)

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 4x100 KDKS
 - Right Arm Backstroke
 - Left Arm Backstroke
 - L Drill
 - Triple Switch
- 4x100 DSDS
 - Repeat Drills from above
- 4x100 Backstroke Swim
- 6x50 Sprint 1:30

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 4x125 DKKDS
 - Choice Drill
- 8x25 Backstroke Underwater Halfway
- 5x100 Backstroke Control pace
- 1x300 Freestyle
- 8x25 Backstroke Underwater Halfway
- 3x100 Backstroke Sprint 1:45

Cooldown (200)

- 1x200 Freestyle Easy

Wednesday: IM Day

Junior 1 (1500)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (800)

- 1x200 IM
- 8x25 Superman Freestyle
- 8x25 Superman Backstroke
- 8x50 IMO

Cooldown (100)

- 1x100 Freestyle

Junior 2 (2500 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1600)

- 8x25 Single Arm Butterfly
- 8x25 Single Arm Backstroke
- 8x25 2 Kicks 1 Pull Breaststroke
- 8x25 Zip Up fingertip drag freestyle
- 4x200 IM

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 5x100 FrIM
- 1x300 IM
- 5x200 FrIM
- 1x200 Freestyle Descend by 50

Cooldown (200)

- 1x200 Freestyle Easy
-

Thursday: Breaststroke

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (700)

- 8x25 Pullout halfway
- 1x100 Freestyle
- 8x50 Breaststroke Sprint down easy back

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (24300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 3x100 Breaststroke Kick
- 3x100 Breaststroke Drill
 - 2 Kicks 1 Pull
 - 2 Up 1 Down
 - 3 Second Glide
- 1x200 Breast/Free
- 8x25 Breaststroke Pullout whole way
- 5x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 5x100 Breaststroke Kick
- 4x200 Breaststroke DKDK
- 1x200 Backstroke Descend by 50
- 5x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle
-

Friday: Freestyle

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (700)

- 8x25 Body Roll Kick
- 8x25 Superman Flipturns
- 6x50 Freestyle Sprint 2:00

Cooldown (100)

- 1x100 Freestyle Easy

Junior 2&3 (2500 Yards)**Warmup (700)**

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1600)

- 8x50 Body Roll Kick
- 3x200 SKDS by 50
- 4x25 Superman Turns
- 5x100 Freestyle Sprint 2:00

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3200 Yards)**Warmup (1300)**

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Free Descend 1:00

Mainset (1700)

- 10x50 Body Roll
- 10x50 Drill/Swim Choice Drill
- 8x25 Superman Turns
- 5x100 Base Interval (1:18/1:25/1:30/1:40)

Cooldown (200)

- 1x200 Freestyle Easy
-

Saturday: Kick Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 2x100 IM
- 1x200 Freestyle
- 2x100 Reverse IM

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 4x100 IM
- 1x200 Freestyle
- 4x100 Reverse IM
- 1x100 Freestyle
- 8x50 IMO

Cooldown (200)

- 1x200 Freestyle Easy
-

Week 8

Monday: Freestyle

Junior 1 (1400 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (700)

- 8x75 KSS Freestyle
- 2x50 Freestyle Sprint

Cooldown (100)

- 1x100 Easy Backstroke
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Mainset (1500)

- 8x25 Hyper Kick
- 1x200 Easy
- 8x75 DSS
 - 2x Single Arm
 - 2x Triple Switch
 - 2x Zip up into Finger Tip Drag
 - 2x Mighty Mouse
- 4x75 Sprint

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Mainset (2000)

- 8x25 Hyper Kick :40
- 2x200 Descend by 50
- 8x25 Hyper Kick :35
- 2x200 Negative Split
- 8x25 Hyper Kick :30
- 1x100 Easy
- 1x200 Sprint
- 1x150 Breaststroke
- 1x150 Backstroke

Cooldown (200)

- 1x200 Double Arm/Regular Backstroke by 25

Tuesday: Breaststroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 6x50 Breaststroke DS
- 4x50 Texas 50s
- 1x100 Breaststroke

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 12x75 KDS
- 8x25 Breaststroke 2 Pull Outs then Full stroke
- 4x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle 1:00 Descend

Main Set (2000)

- 3x300 KDS by 100
- 12x25 Pullout 2 times then full swim
- 1x200 Freestyle
- 1x100 Backstroke
- 5x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle
-

Wednesday: IM Day

Junior 1 (1500 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (800)

- 2x100 IM
- 2x100 FrIM
- 2x100 Reverse IM
- 1x200 IM

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2500 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1600)

- 4x100 IM
- 4x100 FrIM
- 4x100 Reverse IM
- 2x200
 - Free/Back
 - Breast/Fly

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x400 Freestyle
- 1x300 IM KDS
- 1x200 KOB
- 4x50 Descend 1:00

Main Set (2000)

- 3x200 IM Kick
- 3x200 IM Drill
- 1x200 Freestyle
- 3x200 IM Swim

Cooldown (200)

- 1x200 Freestyle
-

Thursday: Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 Backstroke KD
 - 2x 6 Kick Switch
 - 2x Triple Switch
- 4x50 DS
 - Same Drills
- 4x50 Backstroke Swim

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 4x75 Backstroke KDS
- 8x25 Underwater Halfway Swim full stroke back
- 5x100 Backstroke

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 4x200 Backstroke KD by 100
- 1x200 Freestyle Negative Split
- 4x200 Backstroke Swim
- 1x200 Negative Split

Cooldown (200)

- 1x200 Freestyle
-

Friday: Butterfly

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 8x25 Butterfly Kick
- 4x50 Butterfly Drill
- 8x25 Butterfly

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 8x25 Butterfly Halfway Underwater
- 6x50 KOB
- 6x50 Drill
 - 2x Single Arm
 - 2x Single Double Single
 - 2x 3R 3L 3T
- 1x200 Freestyle
- 12x25 Butterfly Halfway Underwater
- 10x50 Butterfly

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 3x100 Butterfly Kick
- 3x100 DSDS
 - Single Arm Butterfly
 - Single Double Single
 - Mermaid Drill
- 1x200 Freestyle
- 12x25 Butterfly Halfway underwater
- 1x200 Backstroke
- 8x50 Breast/Fly
- 3x100 Butterfly

Cooldown (200)

- 1x200 Freestyle
-

Saturday: Sprint Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 IMO Kick
- 4x50 IM Drill
- 2x100 IM

Cooldown (100)

- 1x100 Freestyle

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 6x50 Butterfly
- 1x100 IM
- 6x50 Backstroke
- 1x100 Reverse IM
- 6x50 Breaststroke
- 1x100 IM
- 6x50 Freestyle

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3400 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Free Descend 1:00

Mainset (1900)

- 5x200 IM
- 5x100 IMO
- 16x25 Kick IMO

Cooldown (200)

- 1x200 Freestyle

Week 9

Monday: Butterfly

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 2x50 Fly Kick
- 2x50 Fly Drill
 - Single Arm
- 8x25 6 kicks off the wall then butterfly
- 4x50 Fly Swim

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2500 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1600)

- 8x25 Butterfly halfway underwater
- 4x100 KDKD
- 4x100 KSKS
- 4x100 DSDS
- 2x100 Butterfly

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 8x25 Butterfly halfway underwater
- 5x100 KDKD
- 5x100 KSKS
- 5x100 DSDS
- 3x100 Butterfly

Cooldown (200)

- 1x200 Freestyle

Tuesday: Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 8x75 KDS
 - 2x Single Arm
 - 2x 6 Kick Switch
 - 2x L Drill
 - 2x Triple Switch

Cooldown (100)

- 1x100 Freestyle

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 8x50 Flutter Kick
- 8x75 DDS
- 5x100 Backstroke

Cooldown (200)

- 1x200 Freestyle Easy

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 12x75 KDS
- 1x200 Backstroke
- 8x25 dolphin Halfway Underwater then backstroke
- 1x200 Sprint Backstroke/ easy Freestyle by 50
- 5x100 Backstroke

Cooldown (200)

- 1x200 Freestyle Easy

Wednesday: IM Day

Junior 1 (1600 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (900)

- 3x75 Butterfly KDS
- 3x75 Backstroke KDS
- 3x75 Breaststroke KDS
- 3x75 Freestyle KDS

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2700 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1800)

- 6x75 Butterfly KDS
- 6x75 Backstroke KDS
- 6x75 Breaststroke KDS
- 6x75 Freestyle KDS

Cooldown (200)

- 1x200 Freestyle
-
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 1x100 Dolphin Kick
- 6x50 Butterfly DS
- 1x100 Butterfly Sprint 2:00
- 1x100 Flutter KOB
- 6x50 Backstroke DS
- 1x100 Backstroke Sprint 2:00
- 1x100 Breaststroke Kick
- 6x50 Breaststroke DS
- 1x100 Breaststroke Sprint 2:00
- 1x100 Flutter Kick
- 6x50 Freestyle KOB
- 1x100 Freestyle Sprint 2:00

Cooldown (200)

- 1x200 Freestyle
-

Thursday: Breaststroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x75 KDS
 - 2x 2 Kick 1 Pull
 - 2x 2 Up 1 Down
- 6x50 Breaststroke

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 3x200 KDKD Breaststroke by 50
- 3x200 DSDS Breaststroke by 50
- 12x25 Breaststroke Sprint :45

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 12x75 Breaststroke KDS
- 4x25 Double Pullout Breaststroke
- 8x25 Breaststroke Superman Breaststroke Turns
- 4x25 Double Pullout Breaststroke
- 8x50 Texas 50s
- 3x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle
-

Friday: Freestyle

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x75 KDS
- 3x100 Freestyle
 - Breathing alternating every 3/5/7/9 per lap

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 8x75 KDS Freestyle
- 8x50 Texas 50
- 5x100 Freestyle

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 1x200 Freestyle
- 2x100 Freestyle Kick
- 1x200 Freestyle
- 2x100 DS
 - Zip Up into Fingertip Drag
 - Mighty Mouse
- 2x100 Freestyle Kick
- 1x200 Freestyle
- 8x25 Freestyle Halfway
- 1x200 Breast/Free
- 4x100 Freestyle Sprint 2:00

Cooldown (200)

- 1x200 Freestyle

Saturday: Kick Day

Junior 1 (1500 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (800)

- 1x200 Flutter Kick
- 1x200 Breaststroke Kick
- 1x200 Dolphin Kick
- 1x200 IM

Cooldown (100)

- 1x100 Backstroke

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 1x200 IM Kick
- 4x100 IMO
- 1x200 Reverse IM Kick
- 4x100 IMO
- 1x300 Freestyle Descend by 75

Cooldown (200)

- 1x200 Freestyle Easy
-

Week 10

Monday: Freestyle

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 2x100 Freestyle Kick with Kickboard
- 4x50 Freestyle Drill
- 2x100 Freestyle KS by 50

Cooldown (100)

- 1x100 Freestyle Easy

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 1x150 Freestyle Kick
- 3x50 Freestyle Sprint
- 1x200 Back/Free
- 1x200 Breast/Free
- 1x200 Fly/Free
- 6x100 Freestyle Sprint 2:00

Cooldown (200)

- 1x200 Freestyle

Senior 1&2 (3300 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (1800)

- 1x200 Kick Descend by 50
- 1x200 Freestyle Descend by 50
- 1x300 Kick Descend by 75
- 1x300 Freestyle Descend by 75
- 1x400 Kick Descend by 100
- 1x400 Freestyle Descend by 100

Cooldown (200)

- 1x200 Freestyle Easy
-

Tuesday: Breaststroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 Breaststroke Kick
- 4x50 Breaststroke DS
 - 2 Kicks 1 Pull
 - 2 Up 1 Down
- 8x50 Breaststroke Sprint 1:30

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2500 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 8x50 Breaststroke DS
 - 2x Head lead Body kick
 - 2x 2 Kicks 1 Pull
 - 2x 2 up 1 Down
 - 2x Robot Breaststroke
- 12x75 KKS
- 2x100 Breaststroke

Cooldown (200)

- 1x200 Freestyle Easy

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 4x125 DKDSS
 - Choice Drill
- 12x25 Breaststroke 3 Pull Outs then swim
- 4x200 Breaststroke
- 1x200 Freestyle
- 4x50 Breaststroke

Cooldown (200)

- 1x200 Freestyle Easy
-

Wednesday: IM Day

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Mainset (600)

- 1x200 IM
- 1x100 Freestyle
- 1x100 Breaststroke
- 1x200 Reverse IM

Cooldown (100)

- 1x100 Freestyle Easy

Junior 2&3 (2500 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 8x50 IMO DS
- 12x75 KKS IMO
- 1x200 IM

Cooldown (200)

- 1x200 Freestyle Easy
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 Freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 12x25 Butterfly Kick
- 1x400 Freestyle Descend by 100
- 8x25 Flutter Kick
- 1x300 Breaststroke Descend by 75
- 4x25 Breaststroke Kick
- 1x200 Backstroke Descend by 50
- 1x200 Freestyle/Butterfly by 50
- 3x100 IMO No Free

Cooldown (200)

- 1x200 Backstroke Easy
-

Thursday: Backstroke

Junior 1 (1300 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 Flutter Kick
- 4x75 KSS
- 4x25 Backstroke Sprint

Cooldown (100)

- 1x100 Freestyle Easy
-

Junior 2&3 (2400 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 3x300 KDS By 100
- 1x100 6 dolphin kicks off each wall
- 5x100 Backstroke

Cooldown (200)

- 1x200 Freestyle
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x500 freestyle
- 1x400 RIMO DKDS
- 1x200 Breast/Back
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 4x300 Backstroke KDS By 100
- 8x25 Backstroke Halfway Underwater
- 4x150 Backstroke

Cooldown (200)

- 1x200 Freestyle Easy

Friday: Butterfly

Junior 1 (1300 Yards)**Warmup (600)**

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (600)

- 4x50 Fly Kick
- 4x50 DS
 - Right Arm
 - Left Arm
 - 3R 3L 3T
 - Single Double Single

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2400 Yards)**Warmup (700)**

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 5x100 Fly Kick with Fins
- 4x50 Fly Drill
 - Single Arm
 - 3R 3L 3T
 - Single Double Single
 - Mermaid Drill
- 8x50 Fly

Cooldown (200)

- 1x200 Freestyle easy
-

Senior 1&2 (3500 Yards)

Warmup (1300)

- 1x400 Freestyle
- 1x300 IM KDS
- 1x200 KOB
- 4x50 Freestyle Descend 1:00

Main Set (2000)

- 1x200 Fly Kick
- 4x100 KDKD
- 1x200 Fly Kick
- 4x100 DSDS
- 8x25 Fly Halfway Underwater
- 4x50 Fly
- 4x100 Fly

Cooldown (200)

- 1x200 Freestyle Easy
-

Saturday Kick Day

Junior 1 (1500 Yards)

Warmup (600)

- 1x200 Freestyle
- 1x200 Breast/Back
- 4x50 IMO

Main Set (800)

- 2x50 Flutter Kick
- 2x50 Freestyle Sprint 1:00
- 2x50 Kick on Back
- 2x50 Backstroke Sprint 1:00
- 2x50 Breaststroke Kick
- 2x50 Breaststroke Sprint 1:00
- 2x50 Dolphin Kick
- 2x50 Butterfly Sprint 1:00

Cooldown (100)

- 1x100 Freestyle
-

Junior 2&3 (2300 Yards)

Warmup (700)

- 1x300 Freestyle
- 1x200 IM DS
- 1x200 Breast/Back

Main Set (1500)

- 9x25 Butterfly Kick
- 1x100 IM
- 9x25 Backstroke Kick
- 1x200 IM
- 9x25 Breaststroke Kick
- 1x300 IM
- 9x25 Freestyle Kick

Cooldown (200)

- 1x200 Freestyle
-

Senior 1 & 2 (3400 Yards)

Warmup (1300)

- 1x400 Freestyle
- 1x300 IM KDS
- 1x200 KOB
- 4x50 Freestyle Descend 1:00

Mainset (1900)

- 20x25 Flutter Kick :45
- 20x25 Freestyle :35
- 3x300 Freestyle
 - KDS by 50
 - Descend by 75
 - Negative Split

Cooldown (200)

- 1x200 Freestyle Easy