

Focus: New Year Test Sets

Thursday & Friday

Warm Up: 3x thru

Odd 100: 75 Free/25 "6-3-6"

Even 100: 75 Non-Free/25 Kick (no board)

Swimming Faster (choose your starting distance)

1 x 500 - get split at 400 R:30"

1 x 400 - get split at 300 R:30"

1 x 300 - get split at 200 R:30"

1 x 200 - get split at 100 R:30"

1-5 x 100 - swim faster than 100 split from above
(1700)

Endless 50's - How many 50's can you maintain?

How to factor your interval: Swim 1 x 50 at max effort. Add 5 seconds to max effort, maintain that interval + 5 seconds for send off time. If you are unable to meet interval - stop with kick recovery and re-adjust interval - then start at beginning.

1-5 x 50 (kick recovery and re-adjust interval?)

6-10 x 50 (Very good - can you do better?)

11-15 x 50 (Awesome - move over Michael Phelps)