**Fri Dec 2, Meet. No practice Thr-Fri, Wed practice is dryalnd weight rm 3:30-4:45pm

(GROUP 1)** - Fly, Starts
**WU** 300S-200K-100P- [600] ~15min

**Kick Set 1.** 8/9 X 50 {2Fr, 2 Fly, 2 Fr, 1 Br, 1|2 Chc; 5sR} ~15min//~f30min

**Fly Tech/Drills** ~ 12min {all groups} //~46min
{arms, whole}
 - standing: draw hands to front (click back of hands together)
 - standing: draw to shoulder width
 - standing: pull-drop-flop to shoulder width
 - 2-beat kick: touch-kick + pull-kick
 -
6 x 50 Drill Fly 25 + 25 Free

**Main Set 1** ~13min//~f61min
4 x 100 Free; 20sR [400] ~9min-- -- stopped here in set
4 X 50 Free; 5sR ~5min
4 X 25 Free; 5sR ~3min

**Kick Set 2:** 300 Social kick - ~9min//~72min
**Dives** – all groups, Relay Dives

**(GROUP 2)
WU** 300S-200K-100P-50S ~17min [650]

**Kick Set 1.** 10 X 50 {2Fr, 2 Fly, 2 Fr, 2 Br, 2 Chc; 5-10sR} ~15min [500/1150]

**Fly Tech** ~12min (all groups) **Drill Set 1** – all 50s; ~16min/~47min [600/1750]
 6x50 Fly\* {at least 5 strokes and then til it breaks down, then 3-3-3) [300] ~7min;
 -> 5sR at the 25, 15sR at the 50

 6x50 {25Br Dr / 25 Br} ~7min [300]
 - Drill e.g. 3sGlide, 2sGlide, 3K-1pull,
 - 2X(10m SGS into swim Reg.), 2 UW pulloutsup to 1mR **Main Set 1** – ~12min//~60min
8 x 100 Free
 1-3) 20sR – Med. Long strokes.
 4-6) 20sR – Build by 25 1-4
 7-8) 15sR – Med Hard 75, Hard 25

**Kick Set 2:** 300 Social kick - ~7-8min//~68min
**Main Set 2:** BP 6X50s {3-3, 3-5, 3-7, 7-3, 5-3, 3-3; 5sR} ~8min

**Dives** – all groups, Relay Dives

**(GROUP 3)**
**WU** 500Free - 200K – 100 Pull – 100 IM til stop [800]~f8:45pm

**Kick Set 1:** 10 X 50 {3 Fr, 5 Fly (alt. focus per 50 (Downbeat/ Upbeat/ Both)), 2 Br; 5-10sR} ~15min
**Fly Tech** ~12min (all groups)

**Drill Set 1** – all 50s – 25 Dr+25Sw; ~16min/~47min
 1st 25 Drills: 3 x (3 Front Loops + 3R-3L-3Full), 3X (SGS 10m +2R-2L-3Full);
 up to 30sR then next set:
 6x50 {25Br Dr / 25 Br} ~7min
 - 3sGlide, 2sGlide, 3K-1pull, 2X(10m SGS into swim Reg.), 2 UW pullouts
~45sR
**Kick Set 2:** 200 Fr on back with board down (knee check) ~4-5min/~53min
~45sR
**Main Set 1** ~13min //f~69min
 9 x 100 Free
 1-3 PR, 25sR
 4-6 R=PR+20sR
 7-9 R=PR+15sR
**Main Set 2** (if time/ go until group dives)
 BP 50s {3-3, 3-5, 3-7, 3-9, 9-3, 7-3, 5-3, 3-3; 5sR}
**Dives** – all groups

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**Speed Pace Terminology (future use)**
**CALM** – pace used if competing in a 400-800 free
**TROUT** 200<400 (closer to 200)
**OTTER** 100<200
**SHARK** 50<100
**TUNA** !!! maxed… ultra sprint lasting maybe 3sec.

**Day 7** – Wed, 11/26/2013 **sprints**
**(GROUP 2)**
**Drill Set 1**

up to 30sR
 6x50 {25Ba Dr / 25 Back; 10sR} ~7min
 - 1arm Rt, 1-arm Lt, dbl-arm, 2X(10 UW dolphin push-off), 4R-4L
**Main Set 1** – Free Ladder Down
 400 Free ~6min
 50 EZ ~1.5min
 200 Kick Free, 30sR ~6min
 2X200 Free; 30sR ~7min
 100 K Chc; 30sR ~3min
 2X100 Free; 25sR ~5min
 50 K. Chc 15sR ~ 1.5min
 4 X 50 Free; 5sR ~3.5min [1750/3500, ~34min// ~81min]