**(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 s8:58p**~12min //**f9:08pm**   
 10min Swim: Free preferred – count laps, recorded (700-800)  
  
**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 2-3)**   
**WU** 500Free - 200K – 100 Pull – 100 IM til stop [900]~**f8:15pm**

**Kick Set 1:** 10 X 50 {3 Fr, 5 Fly (alt. focus per 50 (Downbeat/ Upbeat/ Both)), 2 Br; 5-10sR} ~15min **-f8:30pm  
Fly Tech** ~10min (all groups) – Front Loop – 5min., SGS: 5min; hand recovery;  
  
**Drill Set 1** – all 50s – 25 Dr+25Sw; ~15min**/~s8:41p, f8:56p** 3 x 50 Fly (3 Front Loops + 3R-3L-3Full stroke);  
 3 x 50 Fly (SGS 10m +2R-2L-3Full);   
 up to 30sR then next set:  
 6x50 Br {25Br Dr / 25 Br swim} ~8min  
 - no legs; 3sGlide; 2sGlide; 3K-1pull; 2X(10m SGS into swim)  
~45sR  
**Main Set 1 s8:58p**~12min //**f9:08pm**   
 10min Swim: Free preferred – count laps, recorded (700-800)  
**Main Set 2** (if time/ go until group dives)  
 8X BP 50s {3-3, 3-5, 3-7, 3-9, 9-3, 7-3, 5-3, 3-3; 5sR}  
- Kick til Dives if done with BP  
**Dive Sprints** – all groups; **s9:20pm**

[//~3400+]

**(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

---------------------------------  
**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]