**(GROUP 1)** - Fly, Starts  
**WU** 200S-150K-100P-100S [550] ~15min

**Kick Set 1.** 10 X 50 {3Fr, 2 Fly, 2 Fr, 1 Br, 2 Chc; 5-10sR} ~15min   
all Fr kick is on back w/board down (knee check) [500/1150]  
  
**Ba Tech** ~15min (all groups 10 min) //~46min  
{turns.}  
**Drill Set 1** – all 50s; ~16min/~47min [600/1750]  
 6x50 Ba {25 Dr+25Sw; focus is technique not speed; 5-10sR) [300] ~7min;  
  
**Main Set 1**  
6 x 50 alt Free / Ba by 50; 5sR  
  
**Kick Set 2:** 300K Free on Ba.(or until stop) ~7-8min/  
  
**Main Set 2** ~13min//~f61min  
3 x 100 Free; 20sR [400] ~9min  
4 X 50 Free; 5sR ~5min  
4 X 25 Free; 5sR ~3min  
  
**Kick Set 2:** 300 Social kick - ~9min//~72min  
  
**Main Set 3:** BP 6X50s {3-3, 3-5, 3-7, 7-3, 5-3, 3-3; 5sR}  
**Dives** – all groups

**(GROUP 2)   
WU** 300S-200K-100P-100S ~17min [700]  
  
**Kick Set 1.** 10 X 50 {3Fr, 2 Fly, 2 Fr, 1 Br, 2 Chc; 5-10sR} ~15min   
all Fr kick is on back w/board down (knee check) [500/1150]  
  
**Ba Tech** ~10min (all groups) //~37min **Drill Set 1** – all 50s; ~16min/~53min [600/1750]  
 6x50 Ba {25 Dr+25Sw; focus is technique not speed; 5-10sR) [300] ~7min;   
 up to 30sR  
 6x50 Free { } ~7min [300]  
 1-2 UW dolphin 10m @wall. 3-4 swimmer stop each wall. 5-6up to 1mR **Main Set 1** – ~16min//~70min  
14 x 50 alt Ba/Free by 50; 10sR (25 otter/25 shark)  
  
**Kick Set 2:** 300K Free on Ba. ~7-8min/  
  
**Main Set 2:** BP 6X50s {3-3, 3-5, 3-7, 7-3, 5-3, 3-3; 5sR} ~8min//~85min  
  
**Dives** if time  
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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.

**(GROUP 3)**   
**WU** 500Free (every 4th 25 is back) - 200K – 100 Pull [800]~16min

**Kick Set 1.** 10 X 50 {3Fr, 2 Fly, 2 Fr, 1 Br, 2 Chc; 5-10sR} ~15min   
all Fr kick is on back w/board down (knee check) [500/1150]  
  
**Ba Tech** ~10min (all groups) //~42min  
  
**Drill Set 1** – all 50s; ~16min/~58min [600/1750]  
 6x50 Ba {25 Dr+25Sw; focus is technique not speed; 5-10sR) [300] ~7min;   
 up to 20sR  
 6x50 Free { } ~7min [300]  
 1-2 UW dolphin 10m @wall. 3-4 swimmer stop each wall. 5-6  
--~30sR--  
**Kick Set 2:** 3X100 Fr on back w/board down past knees (knee check); 10sR   
 ~4-5min/~62min  
--~45sR --  
**Main Set 1 {**20x 50; (25 otter/25 shark)   
 1-5 Back: 5sR  
 6-10 R=PR+20 Free  
 11-15 Back; 5sR  
 16-20 = PR+15 Free }~20min //f~82min  
-- 30sR--  
**Main Set 2** (if time/ go until group dives) ~9min  
 8X BP 50s {3-3, 3-5, 3-7, 3-9, 9-3, 7-3, 5-3, 3-3; 5sR}  
**Dives** – if time/all groups  
---------------------------------  
**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]