**(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]