

Lane 1

Load: Easy-Moderate

Focus: IM

TSS' calculated for CSS of 28 sec/25m (Band 2 - AC, AN, SR, RT, LW, MS, GP). Band 1 swimmers (AA, CE, DC, EM, FZ, KO, Nadia) should multiply TSS x 25/28.

24-Sep-22		2200	TSS' 65 IF 0.82	Easy-Mod
MODERATE			65.33333333	
<u>WARM UP</u>	300 CHOICE 4 x 25 sprint kick on 30 4 x 25 sprint on 30 100 easy choice			600
<u>IM PYRAMID</u>	100 IM KICK w FINS 100 IM DRILL w FINS 100 IM on 2.30 200 IM on 4.15 100 IM on 2.30 100 IM KICK w FINS 100 IM DRILL w FINS			800
<u>FREE DRILLS</u>	200 POPOV DRILL w FINS 100 6-3-6 w FINS			300
<u>FREE PYRAMID</u>	2 x 25 on .30 50 on .60 100 on 2.00 50 on .60 2 x 25 on .30			300
<u>COOL DOWN</u>	200 EASY NOT FREE			200
				2200

Lane 1

Load: Easy

Focus: mixed strokes

TSS' calculated for CSS of 28 sec/25m (Band 2 - AC, AN, SR, RT, LW, MS, GP). Band 1 swimmers (AA, CE, DC, EM, FZ, KO, Nadia) should multiply TSS x 25/28.

15-Jan-22	2300	TSS' 63 IF 0.72			
<u>w/up</u>					Zone
4x150	as 100 FR 25 fly 25 BA	Zone 3	RI 10s	600	3
	as 100 FR 25 BA 25 BR				
	as 100 FR 25 BR 25 FR				
	as 100 FR 25 FR 25 fly				
4x25	FR Z6, 10 sec gaps		RI 10/30s	100	6
2x50	FR Z5, 10 s gap		RI 10s	100	5
Main set					
100	kick	↑FR kick ↓BR kick		100	4
4x50	kick fins	small, fast, ch ea 50 fly etc		200	4
4x50	FR no fins	6 beat kicking RI 15 s		200	4
2x100	FR pull	8 strokes, glide count 3		200	3
2x100	FR	8 strokes, glide count 3		200	3
300	form choice	easy, focus on 1 aspect of techn		300	2.5
<u>c/down</u>					
300	form fins easy			300	2
				2300	

Lane 1

Load: Easy/Recovery, Taper (2 progs)

Focus: choice stroke

TSS' calculated for CSS of 28 sec/25m (Band 2 - AC, AN, SR, RT, LW, MS, GP). Band 1 swimmers (AA, CE, DC, EM, FZ, KO, Nadia) should multiply TSS x 25/28.

6-Aug-22		1530	TSS' 52 IF 0.93	Easy
TIME TRIAL			52.26666667	
WARM UP	400 Choice as 100 swim, 100 kick, 100 pull/paddles, 100 swim 4 x 50 Free on 1 min 8 x 25 Free on 30 200 choice easy			1000
TIME TRIAL	50/100/200 AS TIME TRIAL			230
	100 easy			100
COOL DOWN	200 EASY CHOICE			200
				1530
13-Aug-22		2000	TSS' 57 IF 0.77	Easy-Taper
ONE WEEK OUT TAPER			56.93333333	
WARM UP FINS ON	400 CHOICE 200 YMCA FREE DRILLS		25 Drill/25 Swim	600
MAIN SET	4 X 25 KICK TAG 4 X 25 IM ORDER DIVE STARTS/ WALKBACK 4 X 100 ON 4 MIN 4 X 50 ON 2 MIN 200 FREE PULL/PADDLES 200 IM DRILL FINS			1200
COOL DOWN	200 EASY CHOICE			200
				2000