

Lane 2 Load: Mod-Easy Focus: IM

TSS'' calculated for CSS of 32 sec/25m.

24-Sep-22		2000	TSS'' 67 IF 0.80	Mod-easy
MODERATE			67.2	
<u>WARM UP</u>	200 CHOICE 4 x 25 sprint kick on 30 4 x 25 sprint on 30 100 easy choice			500
<u>IM PYRAMID</u>	100 IM KICK w FINS 100 IM DRILL w FINS 100 IM on 3.00 200 IM on 4.30 100 IM on 3.00 100 IM KICK w FINS 100 IM DRILL w FINS			800
<u>FREE DRILLS</u>	100 POPOV DRILL w FINS 100 6-3-6 w FINS			200
<u>FREE PYRAMID</u>	2 x 25 on .40 50 on 1.10 100 on 2.30 50 on 1.10 2 x 25 on .40			300
<u>COOL DOWN</u>	200 EASY NOT FREE			200
				2000

Lane 2

Load: Easy

Focus: mixed strokes

TSS'' calculated for CSS of 32 sec/25m.

15-Jan-22	2000	TSS'' 65 IF 0.75			
<u>w/up</u>					
3x150	as 100 FR 25 BA 25 BR as 100 FR 25 BR 25 FR as 100 FR 25 FR 25 fly	Zone 3	RI 10s	450	3
50	FR easy			50	2
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
100	FR	8 strokes, glide count 3		100	3
300	form choice	easy, focus on 1 aspect of techn		300	2.5
<u>c/down</u>					
200	form fins easy			200	2
				2000	

Lane 2

Load: Easy/Recovery, Taper (2 progs)

Focus: choice stroke

TSS'' calculated for CSS of 32 sec/25m.

6-Aug-22	1430	TSS'' 55 IF 0.93	Easy	
TIME TRIAL				55.46666667
<u>WARM UP</u>	400 Choice as 100 swim, 100 kick, 100 pull/paddles, 100 swim 4 x 50 Free on 1:10 4 x 25 Free on :40 200 choice easy			900
<u>TIME TRIAL</u>	2 CHOICE EVENTS 50/100/200 AS TIME TRIAL			230
	100 easy			100
<u>COOL DOWN</u>	200 EASY CHOICE			200
				1430

13-Aug-22	1700	TSS'' 55 IF 0.76	Easy-Taper	
ONE WEEK OUT TAPER				55.46666667
<u>WARM UP</u> <u>FINS ON</u>	300 CHOICE 200 YMCA FREE DRILLS	25 Drill/25 Swim		500
<u>MAIN SET</u>	4 X 25 KICK TAG 4 X 25 IM ORDER DIVE STARTS/ WALKBACK 2 X 100 ON 4.30 MIN 4 X 50 ON 2.15 MIN 200 FREE PULL/PADDLES 200 IM DRILL FINS			1000
<u>COOL DOWN</u>	200 EASY CHOICE			200
				1700