

Lane 3

Load: Easy

Focus: Mixed strokes

TSS[™] calculated for CSS of 38 sec/25m (2:32/100m max aerobic pace)

24-Sep-22	1700	TSS [™] 63 IF 0.76	Easy	
			63.33333333	
<u>WARM UP</u>	100 CHOICE 4 x 25 sprint kick +10 4 x 25 sprint +10 100 easy choice			400
<u>IM PYRAMID</u>	100 FORM KICK w FINS 100 FORM DRILL w FINS 2x 100 FORM +.30 100 FORM KICK w FINS 100 FORM DRILL w FINS			600
<u>FREE DRILLS</u>	100 POPOV DRILL w FINS 100 6-3-6 w FINS			200
<u>FREE PYRAMID</u>	2 x 25 +.10 50 +.10 100 +.15 50 +.10 2 x 25 +.10	<i>Sprints rests 10 or 15 sec as indicated</i>		300
<u>COOL DOWN</u>	200 EASY NOT FREE			200
				1700

Lane 3

Load: Easy/Recovery, Taper (2 progs)

Focus: choice stroke

TSS'' calculated for CSS of 38 sec/25m (2:32/100m max aerobic pace)

6-Aug-22	1230	TSS'' 49 IF 0.88	Easy
TIME TRIAL			55.46666667
<u>WARM UP</u>	300 Choice as 100 swim, 100 kick F, 100 pull/paddles 4 x 50 Free on 1:10 4 x 25 Free on :40 100 choice easy		700
<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
			1230
13-Aug-22	1300	TSS'' 49 IF 0.75	Easy-Taper
ONE WEEK OUT TAPER			55.46666667
<u>WARM UP</u> <u>FINS ON</u>	200 CHOICE 200 YMCA FREE DRILLS	25 Drill/25 Swim	400
<u>MAIN SET</u>	4 X 25 IM ORDER DIVE STARTS/ WALKBACK 2 X 100 ON 3:00 MIN 4 X 50 ON 1:30 MIN 200 FREE PULL/PADDLES	IM sub BR for fly	700
<u>COOL DOWN</u>	200 EASY CHOICE		200
			1300