

That's not a knife...

Here are a few programs to give you some idea of what Easy, Moderate, Hard and Recovery look like. **Remember to multiply the TSS x (your CSS sec per 25 m) /30 to adjust the TSS to you personally.**

13-Aug-22		2000	TSS 61 IF 0.77	Easy-Taper
ONE WEEK OUT TAPER				
<u>WARM UP</u>	400 CHOICE	200		
<u>FINS ON</u>	YMCA FREE DRILLS		25 Drill/25 Swim	600
	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			
<u>MAIN SET</u>	200 FREE PULL/PADDLES			1200
	200 IM DRILL FINS			
<u>COOL DOWN</u>	200 EASY CHOICE			200
				2000
				EASY
24-Sep-22		2200	TSS 70 IF 0.82	Mod
MODERATE				
<u>WARM UP</u>	300 CHOICE	4		
	x 25 sprint kick on 30	4		
	x 25 sprint on 30	100		
	easy choice			600
	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		
<u>IM PYRAMID</u>	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
	2 x 25 on .30	50		
	on .60	100 on		
	2.00	50 on .60		
<u>FREE PYRAMID</u>	2 x 25 on .30			300
<u>COOL DOWN</u>	200 EASY NOT FREE			200
				2200
				MODERATE
8-Oct-22		2500	TSS 88 IF 0.87	Hard
MODERATE				
<u>WARM UP</u>	8 minute swim			
	Fins On - Kick set with Coach			
	4 min free paddles/pull			600
	100 BACK KICK	100		
	1-ARM BACK			
	100 BACK L-DRILL			
<u>BACK DRILLS</u>	100 BACK THROWING STONES		WITH FINS	400
	4 X 50 BACK			
	100 BACK	1		
	X 200 BACK/BREAST			
	100 BACK/BREAST			
<u>MAIN SET BACK PYRAMID</u>	4 X 50 BACK/BREAST			
	100 EASY CHOICE		85% effort 15 sec RI	900
<u>FORM</u>	8 X CHOICE FORM ON 1.15			400
<u>COOL DOWN</u>	200 EASY KICK			200
				2500
				HARD