

2012 Prospects West Workouts, Montreal March 27-30, 2012

Rules of the Game

1. Off all walls, Push – GLIDE – Kick
2. 4 fish kicks (dolphin kick on side in streamline), 2 dolphin kicks, underwater FAST, no flutter kick, dolphin to breakout
3. Report to coach: stroke count then time
4. Leave on time
5. Get your time on all repeats

Session 1 Tuesday, March 27 6:00-7:30 AM LC

Warm-up (Swim the meet)

400 IM as 8 x 50

#1-4 Drill @ 70, 5-8 Swim @ 60

400 Free as 200 Free @ 3:10 + 2 x 100 Free @ 1:35

Add-up times, negative split

100 Breast @ 2:00 DPS

2 x 50 Fly @ 60 #2 faster DPS

200 Free (snorkel, SC descend 50's)

Stroke Count Monitoring

2 x 100 @ 1:40 pull buoy high SC + 6 x 50 @ 70 snorkel/band DPS

2 x 100 @ 1:40 pull buoy high SC + 6 x 50 @ 70 add paddles DPS, increase SR 2nd 25

2 x 100 @ 1:40 pull buoy high SC + 8 x 50 @ 80 fins/paddles (1/2 100 PBT)

2@ +6, 2@ +4, 2@ +2, 2@ +0 (try to maintain SC through set)

(Ideal is SC + time on last one)

Session 2 Tuesday, March 27 2:30-4:30 PM SC

6 x 25 @ 40 Fish kick as far as possible then swim

Stroke Count Monitoring

12 x 50 @ 60

2x(2 @ PBT + 8, 2 @ PBT + 6, 2 X PBT + 4)

First round freestyle, second round stroke (no free)

Easy Speed (Pulse points and relaxation, balance arms and legs)

3 x 50 @ 1:15 200 pace SC

2 x 25 1@ 30 100 pace, 1 @ 45 smooth or 50 @ 1:15 25 @ 100 pace, get time then

smooth back

2 x 50 @ 1:15 200 pace SC

4 x 25 1@ 30 100 pace, 1 @ 45 smooth or 50 @ 1:15 25 @ 100 pace, get time then smooth back

1 x 50 @ 1:15 200 pace SC

6 X 25 1@ 30 100 pace, 1 @ 45 smooth or 50 @ 1:15 25 @ 100 pace, get time then smooth back

Coaches get all times and SC's

Warm-down protocol

600 as 100 ez @ 2+ (4 x 50 @ 50 Pace = 100 PBT + 20 sec. /2) + 8 x 25 kick @ 35 alt. ez and build + 100 ez

Splitting (400)

2 x (@ 10:00)

[100 kick @ 2:10 (easy fast) + 200 swim @ 4 (build last 30 fast) = 100 kick @ 2:10(fast finish)]

[400 as 100 kick – 200 swim – 100 kick (same moves)]

Warm-down protocol

600 as 100 ez @ 2+ (4 x 50 @ 50 Pace = 100 PBT + 20 sec. /2) + 8 x 25 kick @ 35 alt. ez and build + 100 ez

Session 3 Wednesday, March 28 6:00-7:30 AM LC

Warm-up (swim the meet)

800 as

100 Free + 200 fly (fins) 25 kick underwater/25 2-2-2 drill + 100 back (fins) with dolphin kick + 400 IM 25 drill 75 swim build

8 x 50 kick @70 (odds build – evens 20m! 30m. ez)

T - 400 kick (best stroke, one pull into the wall)

100 ez swim + 50 ez kick

T - 50 kick (best stroke)

Splitting (200)

(@ 5:00)

50 kick @ 65 (easy fast) + 100 swim @ 2 (build last 30 fast) = 50 kick @ 65 (fast)

200 as 50 kick – 100 swim – 50 kick (same moves)

2x(50 no board kick, 100 swim)

Session 4 Wednesday, March 28 2:30-4:30 PM LC

200 Freestyle DPS snorkel @ 3:30
6 x 50 @ 50 (200 Free PBT + 40 pace)

T - 7 x 200 @ 5:00 (descend 1-7 from PBT +40 by 5 sec. – negative split)
Record 100 split final time, SC on 3rd 50, HR
(2 groups by gender, counters get SC and HR for recorder)

400 easy choice

Session 5 Thursday, March 29 6:00-7:30 AM LC

100 swim + 100 kick + 100 Drill + 100 swim + 100 drill

T - 7 x 50 @ 3:00 (descend 1-7 start PBT + 10, 1.5 second increments)
(2 groups by gender, record time, SC, SR, HR)

400 easy choice

Session 6 Thursday March 29 2:30-4:30 PM SC

Long course pool (girls first 1 hour)

Starts from the side – 15 minutes

(work on drills from A. Wrigley presentation)

Splitting

200 as 50 @ 50 + 100 @ 1:40 + 50 @ 60

400 as 100 @ 1:40 + 200 @ 3:20 + 100 @ 2:00

100 Breaststroke @ 2:00 negative split increase SR 2nd 50

200 Breaststroke @ 4:00 negative split increase SR 2nd 100

8 x 100 @ 2 Fins

alternate free and back 15m. underwater off walls + last 15m. sprint

Short Course Pool (Boys first – 1 hour)

12 x 50 @ 60

2x(2 @ PBT + 8, 2 @ PBT + 6, 2 X PBT + 4)

First round freestyle, second round stroke (no free)

Easy Speed

24 x 25

2 x (2/4/6 @ 45 – 100 ez @ 2 between) + 200 ez between rounds

monitor SC and speed, balance arms/legs

Choice but whole round same stroke

Session 7 Friday, March 30 6:00-7:30 AM LC

4 x 50 IMO @ 70 25 drill – 25 swim

3 x 100 free @ 1:45 focus on push-offs and last 15m. fast

20 x 50 snorkel + paddles @ 60 SC and time

6 @ PBT +8, 6 @ PBT +6, 4 @ PBT +4, 2 @ PBT +0, 2 @ AFAP (as fast as possible)

2 x (4 x 50 @ 70 fins)

1. 12.5 fast – 25 smooth – 12.5 fast
2. build to fast
3. smooth
4. build to fast

Starts

Session 8 Friday, March 30 1:00-4:00 PM LC

Swim Meet

Warm-up 1:00-1:25 PM, Start: 2:00 PM

50 Freestyle, 50 Breaststroke , 50 Fly, 50 Backstroke