

01

VO2max = 10 x 200 m with :60 rest @ 96% of 400 m pace

Sprint/Power = 20 x 50 m on :60 @ all out

Aerobic Recovery = 10 x 300 m with :30 @ 140-150 bpm

Tempo = 5 x (4 x 50 m) with :15-:30 rest @ target tempo

Lactic = 6 x 100 m on 5:00 @ race pace

Drills = 8 x 25 m each

M	T	W	T	F	S
VO2max Freestyle Drills: <u>Kick with hands at side, FR kick + rotation, Bodyline FR Kick</u>	Sprint/Power Breaststroke Drills: <u>Eggbeater kick, High Elbow Scull, UW Press</u>	Aerobic Recovery Backstroke Drills: <u>Kick w/hands at side, BK kick + rotation, Bodyline BK kick</u>	VO2max Butterfly Drills: <u>Kick w/hands at side, Side Kick, Fish Kick</u>	Tempo Turns Drills: <u>Lane Line Turns, mid-pool turns, kick at wall + turns</u>	Lactic I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest
VO2max I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Sprint/Power Freestyle Drills: <u>FR Kick + Rotation, Bodyline FR kick, Bow & Arrow</u>	Aerobic Recovery Breaststroke Drills: <u>High Elbow Scull, UW Press, Buttckickers</u>	VO2max Backstroke Drills: <u>BK kick + rotation, Bodyline BK kick, 1-Arm BK</u>	Tempo Butterfly Drills: <u>Side Kick, Fish Kick, Scull + Press</u>	Lactic Starts Drills: <u>Jump for distance, Fingertip Fall, Dive Entry.</u>
VO2max Turns Drills: <u>Mid-pool turns, Bodyline to Flip</u>	Sprint/Power I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Aerobic Recovery Freestyle Drills: <u>Bodyline FR Kick, Bow & Arrow, Y-Scull</u>	VO2max Breaststroke Drills: <u>UW Press, Buttckickers, 2K/1P</u>	Tempo Backstroke Drills: <u>Bodyline BK kick, 1-Arm BK, 6K/1P</u>	Lactic Butterfly Drills: <u>Fish Kick, Scull + Press, UW FL Recovery.</u>
VO2max Butterfly Drills: <u>Scull + Press, UW FL Recovery, FL w/FR kick</u>	Sprint/Power Starts Drills: <u>Fingertip Fall, Dive Entry, Slingshot Start</u>	Aerobic Recovery I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	VO2max Freestyle Drills: <u>Bow & Arrow, Y-Scull, High Elbow Scull</u>	Tempo Breaststroke Drills: <u>Buttkickers, 2K/1P, Single leg BR</u>	Lactic Backstroke Drills: <u>1-Arm BK, 6K/1P, Double Tap</u>
VO2max Backstroke Drills: <u>6K/1P, Double Tap, 8-kick switch "L" position</u>	Sprint/Power Butterfly Drills: <u>UW FL Recovery, FL w/FR kick, 1-arm FL</u>	Aerobic Recovery Turns Drills: <u>Turn (no push-off; flip & open), Drop down + push-off</u>	VO2max I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Tempo Freestyle Drills: <u>Y-Scull, High Elbow Scull, Scull-to-Swim</u>	Lactic Breaststroke Drills: <u>2K/1P, Single leg BR, Single arm BR</u>

02

VO2max = 6 x 300 m with :60 rest @ 96% of 400 m pace

Sprint/Power = 2 x (10 x 50 m) on :55 @ all out

Aerobic Recovery = 15 x 200 m with :30 rest @ 140-150 bpm

Tempo = 5 x (2 x 100 m) with :15-:30 rest @ target tempo

Lactic = 10 x 50 m on 4:00 @ race pace

Drills = 8 x 25 m each

M	T	W	T	F	S
VO2max Freestyle Drills: <u>High Elbow Scull</u> , <u>Scull-to-Swim</u> , <u>People Paddle</u>	Tempo Breaststroke Drills: <u>Single leg BR</u> , <u>Single arm BR</u> , <u>BR Pull w/FL kick</u>	Aerobic Recovery Backstroke Drills: <u>Double Tap</u> , <u>8-kick switch "L" position</u> , <u>6K/3P</u>	Sprint/Power Butterfly Drills: <u>FL w/FR kick</u> , <u>1-arm FL</u> , <u>3/3/3 FL</u>	Tempo Starts Drills: <u>Dive Entry</u> , <u>Slingshot Start</u> , <u>Tuck Start</u>	Lactic I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest
VO2max I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Tempo Freestyle Drills: <u>Scull-to-Swim</u> , <u>People Paddle</u> , <u>6K/1P</u>	Aerobic Recovery Breaststroke Drills: <u>Single arm BR</u> , <u>BR Pull w/FL kick</u> , <u>3K/1P</u>	Sprint/Power Backstroke Drills: <u>8-kick switch "I" position</u> , <u>6K/3P</u> , <u>Bucket Scull</u>	Tempo Butterfly Drills: <u>1-arm FL</u> , <u>3/3/3 FL</u> , <u>4K/1P</u>	Lactic Turns Drills: <u>Turn + push-off</u> ; (flip & open), <u>Drop down + push-off</u>
VO2max Starts Drills: <u>Tuck Start</u> , <u>Dive + UW Kick to 15 yds</u>	Tempo I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Aerobic Recovery Freestyle Drills: <u>People Paddle</u> , <u>6K/1P</u> , <u>2-Tap FR</u>	Sprint/Power Breaststroke Drills: <u>BR pull w/FL kick</u> , <u>3K/1P</u> , <u>2K/2P/2Full</u>	Tempo Backstroke Drills: <u>6K/3P</u> , <u>Bucket Scull</u> , <u>Double-arm BK</u>	Lactic Butterfly Drills: <u>3/3/3 FL</u> , <u>4K/1P</u> , <u>2FL/2BR</u>
VO2max Butterfly Drills: <u>4K/1P</u> , <u>2FL/2BR</u> , <u>Goggle Drill</u>	Tempo Turns Drills: <u>Flipturn from Dive</u> , <u>Kick at wall + turn</u>	Aerobic Recovery I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Sprint/Power Freestyle Drills: <u>6K/1P</u> , <u>2-Tap FR</u> , <u>4-tap FR</u>	Tempo Breaststroke Drills: <u>3K/1P</u> , <u>2K/2P/2Full</u> , <u>2 pullouts + 1 stroke</u>	Lactic Backstroke Drills: <u>Bucket Scull</u> , <u>Double-arm BK</u> , <u>Spin Drill</u>
VO2max Backstroke Drills: <u>Double-arm BK</u> , <u>Spin Drill</u> , <u>Straight Arm BK</u>	Tempo Butterfly Drills: <u>2FL/2BR</u> , <u>Goggle Drill</u> , <u>4/4/4 FL</u>	Aerobic Recovery Starts Drills: <u>Running Dives</u> , <u>Relay starts</u>	Sprint/Power I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Tempo Freestyle Drills: <u>2-Tap FR</u> , <u>4-Tap FR</u> , <u>3/4ths Catch-up</u>	Lactic Breaststroke Drills: <u>2K/2P/2Full</u> , <u>2 pullouts + 1 stroke</u> , <u>Double pullout + swim</u>

03

VO2max = 20 x 100 m on 1:30 @ 100% 400m pace

Sprint/Power = 10 x (4 x 25 m) on 1:00, 2:00 RIBS @ all out

Aerobic Recovery = 6 x 400 with 1:00 rest @ 140-150 bpm

Tempo = 10 x 100 m build within on 1:30 @ target tempo

Lactic = 2 x 200 m + 2 x 100 m + 2 x 50 m on 6:00 @ race pace

Drills = 8 x 25 m each

*= no video provided

M	T	W	T	F	S
VO2max Freestyle Drills: <u>4-Tap</u> , <u>3/4ths Catch-up</u> , <u>6K/3P</u>	Lactic Breaststroke Drills: <u>2 pullouts + 1 stroke</u> , <u>Double pullout + swim</u> , <u>Time Machine</u>	Aerobic Recovery Backstroke Drills: <u>Spin Drill</u> , <u>Straight Arm BK</u> , <u>Teacup Drill</u>	Sprint/Power Butterfly Drills: <u>Goggle Drill</u> , <u>4/4/4 FL</u> , <u>Streamline FL kick on back</u>	Tempo Turns Drills: <u>Flags to wall sprint + turn</u> , <u>Kick at wall + turn</u>	Lactic I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest
VO2max I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Lactic Freestyle Drills: <u>3/4ths Catch-up</u> , <u>6K/3P</u> , <u>Connection Drill</u>	Aerobic Recovery Breaststroke Drills: <u>Double pullout + swim</u> , <u>Time Machine</u> , <u>BR w/FR kick</u>	Sprint/Power Backstroke Drills: <u>Straight Arm BK</u> , <u>Teacup Drill</u> , <u>Lane Line Drill</u>	Tempo Butterfly Drills: <u>4/4/4 FL</u> , <u>Streamline FL kick on back</u> , <u>Fish Kick</u>	Lactic Starts Drills: <u>Relay Starts</u> , <u>Running Dives</u>
VO2max Turns Drills: <u>Flags to wall sprint + turn</u> , <u>Lane line turns</u>	Lactic I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Aerobic Recovery Freestyle Drills: <u>6K/3P</u> , <u>Connection Drill</u> , <u>Ping Pong</u>	Sprint/Power Breaststroke Drills: <u>Time Machine</u> , <u>BR w/FR kick</u> , <u>2FL/2BR</u>	Tempo Backstroke Drills: <u>Teacup Drill</u> , <u>Lane Line Drill</u> , <u>Catch-up</u>	Lactic Butterfly Drills: <u>Streamline FL kick on back</u> , <u>Fish Kick</u> , <u>Scull + Press</u>
VO2max Butterfly Drills: <u>Fish Kick</u> , <u>Scull + Press</u> , <u>UW FL Recovery</u>	Lactic Starts Drills: <u>Running Dives</u> , <u>Jump for Distance</u>	Aerobic Recovery I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Sprint/Power Freestyle Drills: <u>Connection Drill</u> , <u>Ping Pong</u> , <u>FR with closed fists</u>	Tempo Breaststroke Drills: <u>BR w/FR kick</u> , <u>2FL/2BR</u> , <u>BR w/parachute</u>	Lactic Backstroke Drills: <u>Lane Line Drill</u> , <u>Catch-up</u> , <u>2BK/2FR</u>
VO2max Backstroke Drills: <u>Catch-up</u> , <u>2BK/2FR</u> , <u>Solo Cup Drill</u>	Lactic Butterfly Drills: <u>Scull + Press</u> , <u>UW FL Recovery</u> , <u>FL w/FR kick</u>	Aerobic Recovery Turns Drills: <u>Lane Line Turns</u> , <u>mid-pool turns</u>	Sprint/Power I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Tempo Freestyle Drills: <u>Ping Pong</u> , <u>FR with closed fists</u> , <u>6K/3P + Paddles</u>	Lactic Breaststroke Drills: <u>2FL/2BR</u> , <u>BR w/parachute</u> , <u>Upside-down BR</u>

04

VO2max = 12 x 200+100 with :15 at break @ 94% 400m pace

Sprint/Power = 5 x (8 x 25 m) on 2:00 @bands/ power tower

Aerobic Recovery = 3 x 500 with 1:00 rest @ 140-150 bpm

Tempo = 8 x 125 on 1:45 @ target 100m tempo

Lactic = 8 x 75+25m with :10 at break on 5:00 @ race pace

Drills = 8 x 25 m each

*= no video provided

M	T	W	T	F	S
VO2max Freestyle Drills: <u>FR with closed fists</u> , <u>6K/3P + Paddles</u> , <u>Tarzan</u>	Sprint/Power Breaststroke Drills: <u>*BR w/parachute</u> , <u>Upside-down BR</u> , <u>High Elbow Scull</u>	Aerobic Recovery Backstroke Drills: <u>2BK/2FR</u> , <u>Solo Cup Drill</u> , <u>1-Arm BK</u>	Sprint/Power Butterfly Drills: <u>UW FL Recovery</u> , <u>FL w/FR kick</u> , <u>3/3/3 FL</u>	Tempo Starts Drills: <u>Tuck Start</u> , <u>Dive + UW Kick to 15.yds</u>	Lactic I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest
VO2max I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Sprint/Power Freestyle Drills: <u>6K/3P + Paddles</u> , <u>Tarzan</u> , <u>1-Arm FR</u>	Aerobic Recovery Breaststroke Drills: <u>Upside-down BR</u> , <u>High Elbow Scull</u> , <u>Buttkickers</u>	Sprint/Power Backstroke Drills: <u>Solo Cup Drill</u> , <u>1-Arm BK</u> , <u>8-kick switch "L" position</u>	Tempo Butterfly Drills: <u>FL w/FR kick</u> , <u>3/3/3 FL</u> , <u>4K/1P</u>	Lactic Turns Drills: <u>Mid-pool turns</u> , <u>Flip Turn from dive</u>
VO2max Starts Drills: <u>Running Dives</u> , <u>Fingertip Fall</u>	Sprint/Power I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Aerobic Recovery Freestyle Drills: <u>Tarzan</u> , <u>1-Arm FR</u> , <u>FR w/parachute</u>	Sprint/Power Breaststroke Drills: <u>High Elbow Scull</u> , <u>Buttkickers</u> , <u>Double Pullouts</u>	Tempo Backstroke Drills: <u>1-Arm BK</u> , <u>8-kick switch "L" position</u> , <u>Spin Drill</u>	Lactic Butterfly Drills: <u>3/3/3 FL</u> , <u>4K/1P</u> , <u>2FL/2BR</u>
VO2max Butterfly Drills: <u>4K/1P</u> , <u>2FL/2BR</u> , <u>Goggle Drill</u>	Sprint/Power Turns Drills: <u>Open turn from dive</u> , <u>Flag to wall sprint + turn</u>	Aerobic Recovery I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Sprint/Power Freestyle Drills: <u>1-Arm FR</u> , <u>FR w/parachute</u> , <u>DPS</u>	Tempo Breaststroke Drills: <u>Buttkickers</u> , <u>Double Pullouts</u> , <u>Time Machine</u>	Lactic Backstroke Drills: <u>8-kick switch "L" position</u> , <u>Spin Drill</u> , <u>Teacup Drill</u>
VO2max Backstroke Drills: <u>Spin Drill</u> , <u>Teacup Drill</u> , <u>Catch-up</u>	Sprint/Power Butterfly Drills: <u>2FL/2BR</u> , <u>Goggle Drill</u> , <u>*FL w/parachute</u>	Aerobic Recovery Starts Drills: <u>Running Dives</u> , <u>Relay Starts</u>	Sprint/Power I.M./Main Stroke Drills: choice of 2 drills from main stroke + 1 from rest	Tempo Freestyle Drills: <u>FR w/parachute</u> , <u>DPS</u> , <u>UW FR</u>	Lactic Breaststroke Drills: <u>Double Pullouts</u> , <u>Time Machine</u> , <u>BR w/FR kick</u>