

Holiday Programs

Bronze Squad Sessions

Session 1.

12x50 free (1.10/1.20)

2x

2x100 scull kick (2.30/2.50)

2x100 1 arm free (2.20/2.40)

2x100 pull (2.20/2.40)

2x50 free sprint (2/2.30)

2x

100 1 arm fly (2.20/2.50)

4x25 fly (60)

100 back (2.20/2.50)

12x25 I.M sprint walk backs (2.30)

200 easy swim

Session 2.

16x50 catch/free 25s with streamlines
(1.10/1.20)

3x400 free (+30l)

1. Pull
2. Kick/swim 50s free
3. fast swim

3x

100 brs kick

100 brs swim

100 easy free

(all continuous)

4x25 sprint walk back choice stroke.

200 easy trail

Session 3.

12/16x50 free (1.05/1.20)

Practice streamlines and finishes

2(4/5x100) I.M (2.20/3)

Hold fly for 25m

3x200 free (+30l)

1. 65%, Count strokes, easy pace
2. 75% effort, keep stroke count down
3. Max effort, keep stroke count down.

8x50 kick free (1.20/1.50)

8x25 sprints I.M.O (60)

200 easy swim

Session 4.

200 catch+trail

100 count 3

200 free

Focus on length of stroke

200 1arm fly

2(6/10x25)fly (45/1.10)

100 easy back between sets

5/7x100 I.M kick (2.30/3.20)

3x

200 2K1st brs

200 brs

Session 5.

4x150 (+10l)

As: 50 count 3/50 shark/50 free

300 Rev I.M (fly go 1arm)

4/5x100 back (2.10/3)

4/5x100 Back/brs 50's (2.20/3.30)

4/5x100 I.M (2.10/3.30)

12x50 kick fast/easy 25's (1.20/1.40)

Odds: free

Evens: fly

200 easy swim

Session 6.

4x200 (+20l)

1. Catch/swim 50's
2. 1arm/swim 50's
3. Shark/swim 50's
4. Long dog/swim 50's

800 free swim time trial

See what time you can do

Easy 200 free swim

4/6x100 kick max, best stroke (4)

10x25 sprints (60)

Odds: free

Evens; best form stroke

300 easy swim

Silver and Performance Squad Sessions.

Session 1.

2x(100 shark, 100 arm free, 100 free Hyp5) (5)

2x(100 back kick, 100 count 6 bk, 100 bk) (6)

Tech Focus: streamline 6+kicks

4x100 free (1.20/1.30)

6/5/4x100 I.M. (1.30/1.40)

4x200 1&3: Free (2.30/2.45) 2&4: I.M.

(2.55/3.15)

Tech Focus: finish as if racing.

4x50 fr P.B.+8 (60)

2x100 I.M. (2)

4x50 fr P.B.+6 (60)

3x100 I.M. (2)

4x50 fr P.B.+4 (60)

4x100 I.M. (2)

4x50 fr P.B.+2 (60)

Tech focus: breakout with head and body in good position.

300 scull kick/swim 50s

Tech Focus: long head, high body.

Session 2

16x50 (50)

Odds: catch/shark 25s

Evens: form

3(6x75) fr sprint (2)

2(8x50) fr kick (55/60)

3x100 fly (1.40/1.50)

200 back (3.20/3.40)

2x200 fly (4/4.20)

100 back (2)

4x50 fly (60/1.05)

100 back (2)

Session 3

2x

200 R.L.D/swim 50s (3.20)

2x100 I.M. (1.40)

4x25 sprint 15m spec (50)

4x600/500 As:

3x200 free (2.40/3) solid even pace

6x100 Spec (+10)

2x300 free pull and pad fast (+60)

6x100 free (1.15/1.20/1.25)

2(10x50) form

1-4: Kick (60/1.05)

5-8: Swim build (50)

9-10: sprint (2)

16x25 sprint mixed (50)

Odds: kick, Evens: swim

200 easy free

Session 4.

1200 kick/pull/swim 100s

3x

4x25 fast I.M.O (60)

4x50 fast/easy free 25s (1.10)

4x12.5 Exp I.M.O (30)

100 free swim easy (2)

200 free 70% with stroke count total (3/3.20)

100 free sprint (2.30)

100 I.M. easy (2.15)

200 free 80% with stroke count total

(2.55/3.15)

100 free sprint (2.30)

100 I.M. easy (2.15)

200 free 90% with stroke count total

(2.50/3.10)

100 free sprint (2.30)

100 I.M. easy (2.15)

200 free Max with stroke count total

(2.45/3.05)

100 free sprint (2.30)

100 I.M. easy (2.15)

3x
150 kick solid even pace (3/3.10)
50 sprint fly kick (1.30)

200 easy swim

Session 5.

100 scull kick (2.15/2.20)
200 rev I.M. (3.20/3.30)
8x25 U/W fly kick (60)
3x
100 drill (+10)
4x50 Swim build (60/1.105)
1. Bk-count 6 2. Brs-count 3 3. Fr- count 3

2x800

1. 200 build, 200 even solid face, 100 fast fr, 100 I.M, 200 fast free
2. Even fast pace, focus: rhythm.

6(4x50) race pace for 200
1&2: (60) 3&4: (50) 5&6: (45)

8/7x100 Sprint 1st 25 spec, build 75 free (2)
200 free swim

Session 6.

12/14/16x50 (55/1.05/1.20) streamline
6+kicks each end.
1-4: steady even pace free
5-8: catch/swim fr 25s
9-12: trail
13-16: free breathing every 5 strokes (Hyp5)
Tech Focus: work starts and finishes.

2x400 free pull solid (+60)
1. Every 4th 25= max effort
2. Every 4th 25= fly
Tech Focus: relaxed wrist on entry.

3x
25 free sprint (30/40)
25 free easy (40/50)
50 fr sprint (60/1.15)
50 fr easy (1.10/1.20)
100 fr sprint (2/2.30)
100 fr easy (2.30/3)
Tech Focus: don't thrash strokes

2x
6x25 max effort form kick (50)
100 easy swim (2.30)
Tech focus: high body position.

Session 7.

200 straight arm/swim 50s (3.40/4)
4x50 free hyp 3 (55/1.05)
200 catch/swim 50s (3.40/4)
4x50 free Hyp 4 (55/1.05)
200 1arm/swim 50s (3.40/4)
4x50 free Hyp 5 (55/1.05)

3x
4x50 kick form (1.10/1.20)
3x100 form descend (2.05/2.25) last one sprint (+60i)
Brs (+15 to 100 times)

100 easy fr loosen after last set
10x50 pull+pad free fast (1.30)

2x300 Rev I.M (+15) steady even pace 75% effort
This is not meant to be a hard set

200 easy swim

Session 8.

3x600

1. Fr Breath every 2,4,6 strokes (8.30/9.40)
2. 3x200 I.M (3.20/3.40)
 - a. Streamline 6m every lap, sharp pull out on the breaststroke
 - b. Streamline 7.5, 2xbrs pullouts
 - c. Streamline 10m or max, 3xbrs pullouts
3. 300 fr pull (+20) reduce strokes every 2x25
200 fr pull (+15) sprint last 5m of Each 50
100 fr pull build to fast last 25

8(4x25) fly (30) (+30)

2x
1x25 sprint (60)
1x25 Sprint (55)
1x25 sprint (50)
1x25 sprint (45)
1x25 Sprint (40)
1x25 sprint (35)
1x25 sprint (30)
100 free easy (3)
3x25 sprint kick, hands locked. (1.30)
 1. Free 2. Spec

Session 9.

2x
100 free (1.30)
100 catch/swim 25s (1.30)
100 stariahgt arm (1.30)
100 1 arm (1.40)
200 I.M. (3.10)

4x
3x50 Switch 70% (60)
200 I.M. fast (6)

4(8x25) fly (35)
100 back/sets (1.50)

3x300 back or brs solid (6)
 1. Swim
 2. Pull, brs go 75 brs/fr 25(+60)
 3. swim

200 easy swim

Session 10.

600 fr/bk loosen
4x50 back kick build (1.10)
200 1 arm fr (3.10)
4x50 back kick build (1.10)
200 back swim (3.30)

60x50 (60)
Odds: fr
Evens: form
1-6: fast/easy 25s
7-12: build
13-18: sprint middle 25

9-24: kick/swim 25
25-30: fast effort (+60)
31-36: drill/swim 25s
37-42: kick sprint/swim easy 25s
43-48: easy/fast 25s
49-54: max effort (+1.20)
55-60: easy loosen

Session 11.

100 catch
200 sidekick/swim 25s
300 shark/swim 50s
400 free pull
300 zap-up/swim 50s
200 1 arm fr scull
100 catch
(all continuous)
Tech Focus: Tight, sharp streamlines +4Kicks

20x100
1-5: Free (1.20/1.25/1.35/1.45) (+20/set)
6-10: I.M. (1.25/1.30/1.40/1.50)
11-15: Form (1.35/1.40/1.50/2) (+20/set)
16-20: Free (1.15/1.20/1.30/1.45)
Tech Focus: Maintain length as times get harder.

3(8x50) kick (55/60/1.10)
1. Free
2. Form
3. I.M.
Tech Focus: even paced kick, high body position

4x100 max effort spec (2)
Tech focus: come back as hard as you go out.

300 Easy swim
Tech Focus: Accelerate turns

Session 12.

300 free build (4.45/5.10)
3x100 Rev I.M. descend (1.40/1.50)
4x50 scull kick/swim 25s (55/1.05)
300 back kick/swim 25s (5.10/5.40)
3x100 I.M. Descend (1.40/1.50)
4x50 sprint 15m, Easy 35m fr (50/55)
Tech Focus: control speed in descending sets.

3x500 Free solid pace (+2min/sets)

1. Swim
2. Pull and paddles
3. Fins and paddles

Tech Focus: get s.c. on first and last laps, try and maintain length throughout swim.

4(3x100) Kick (1.55/2/2.10/2.20)

1. Form
2. Free
3. Form

Tech Focus: even paced kick, keep ankles loose.

4x25 sprint mixed (40)

200 easy fr or bk (3.20)

4x50 sprint mixed (30)

200 easy trail (3.20)

Tech Focus: controlled breathing.

Session 13.

200 1 arm fr/swim 50s (3.10/3.40)

2(4x75) kick/drill/swim 25s (1.30/1.45)

1. Free
2. Form

200 I.M. (3/3.20)

200 2K1st/brs 25s (3.30/4)

8x25 u/w fly kick (45)

Tech Focus: increase speed into turns, get knees up tight.

8x200 Free solid (2.35/2.45/2.55/3.10)

Opt: Form, fastest repeat time

Tech focus: maintain stroke rhythm and breathing for all. Get s.c. on 2 and 5.

2x400 Kick (+1.30/sets)

1. I.M. solid
2. Form or Fr solid

Tech Focus: work legs up and down. Brs loose ankles.

16x25 max effort I.M.O. (60)

200 easy swim

Tech focus: breakout sharp and smooth.

Session 14.

2x100 free build (1.30/1.45)

3x100 free pull even pace (1.40/1.55)

8x50 free pull and pad solid (50/55)

200 easy back

Tech focus: keep catch and pull even on both sides.

26x50 fly (60/1.10/1.20)

6, 12, 18 go easy back

Tech Focus: Hyp2 and chest down on hand entry.

5x200 Kick (3.50/4/4.30)

1-2: Free solid even pace

3-4: free fast/easy 25s

5: I.M. fast

Tech Focus: quick acceleration and deceleration.

2(12X25) I.M.O (45)

1-4: Sprint 1st 15m

5-8: Sprint 1st 20m

9-12: Sprint 25

Tech Focus: High body position in water.

300 easy swim

Tech Focus: relaxed shoulder roll in recovery.

Session 15.

4x150 catch/shark/swim 50s (2.50/3.15)

3x50 back count 6 (60/1.10)

300 1 arm fly (5/5.40)

3x50 biondi drill (60/1.10)

2x200 I.M. (3.20/3.50)

Tech Focus: Work all turns like you are racing.

4x400 I.M. solid even pace (6/7)

Tech Focus: practice I.M. turns at highest speed possible.

8x150 Kick (2.45/3/3.15/3.30)

Either Form or Free

Tech Focus: go without a board on 3 and 4.

Work on high body position.

2(4x75) sprint (2)

1. Form

2. Free

200 easy swim/sets (4/4.30)

Tech Focus: make sure back end of stroke is strong.