

Monday 12/9 Swim

Set #1

(400 - 1200)

Tune Up

1 to 3 x 400 3-Stroke Medley or Focal Point to Whole Stroke

(2 stroke medley: back / breast / free)

(FP to WS: focal point / focal point to whole stroke / whole stroke)

Set #2

(500)

Asymmetric Tempo Pyramid

10 x 50 as:

1-4 tempo slowing by .1; (1.2, 1.3, 1.4, 1.5)

5-10 tempo getting faster by .05 (1.45, 1.4, 1.35, 1.3, 1.25, 1.2)

Focus on maintaining stroke count.

Set #3

(850 to 1100)

Challenge Set

2 or 3 x 100

1 or 2 x 150

1 x 200 @ 1.20 tempo (suggested tempo, adapt for your own zone)

1 x 150 @ 1.19

1 x 100 @ 1.16

1 x 50 @ 1.14

Try to maintain your stroke count as close as possible while increasing tempo.

Set #4

(150 - 450)

Cool Down

2 to 6 x 75 3-Stroke Medley or FP /FP to Whole Stroke / Whole Stroke

TOTAL:

1900 to 3250 yards / meters

Coach Moira Horan

Certified USAT Level 1 Coach

Level 2 Total Immersion Coach

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Jersey Girls StayStrong Multisport Club

StayStrong Multisport Coaching