

## **Monday 12/16 Swim**

**Set #1** (400)

### **Tune Up**

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)

Focal points: head position, weightless arms,

**Set #2** (500)

### **Constant Tempo / Increase Distance**

Swim 50 + 100 + 150 + 200

Constant tempo: 1.2 to 1.3 for most of us.

Rest 10-15-20-25 beeps between each. Count strokes.

**Set #3** (2500) (Decrease number of rounds to lessen distance)

**3 rounds of [6 x 50]** (900)

Find your best effortless pace, decrease each round of 50s

**2 rounds of [4 x 75]** (600)

Second round faster

**5 x 100** (500)

Maintain Pace

**4 x 125** (500)

Maintain Stroke Count

**Set #4 (150)**

### **Cool Down**

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

## **TOTAL:**

**3500 yards / meters**

Coach Moira Horan

Certified USAT Level 1 Coach

Level 2 Total Immersion Coach

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