



Thailand Camp

Training Log

December 27, 2015 - January 14, 2016

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Common abbreviations used in our swimming workouts

S = Swim
K = legs only (Kick)
P = Arms only (Pull)
D = Drill

FS = FreeStyle /crawl
BA = Backstroke
BR = Breaststroke
FLY = Btterfly

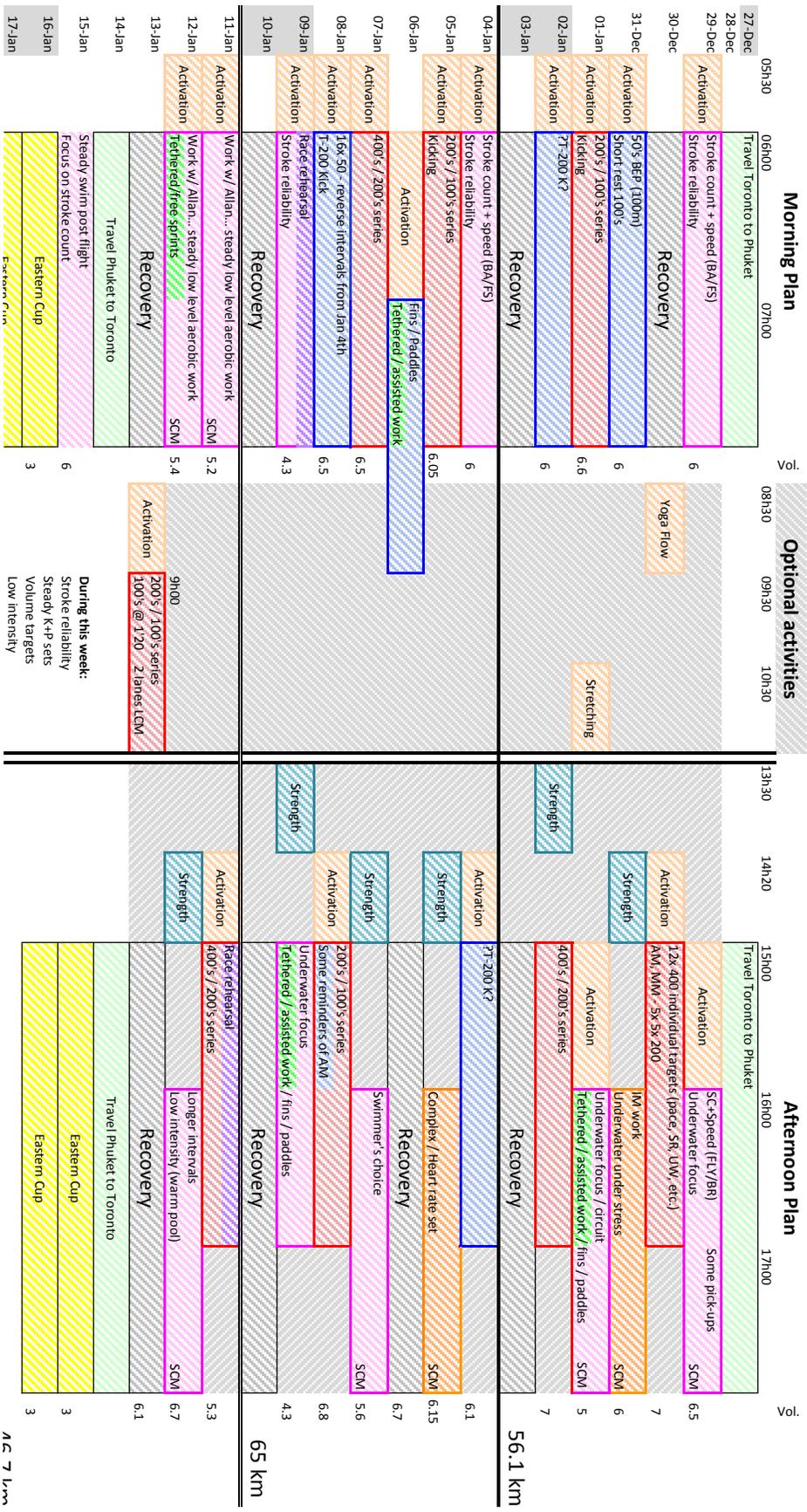
CH = Choice
HP = Hand Paddles
FP = Finger Paddles
w/ F = with Fins/Flippers
w/ S = with S snorkel/Tuba
w/ KB = with KickBoard
w/ PB = with PullBouy
w/ PB-low = with PullBouy at ankles
w/ Band = with pulling band
w/ Sponge = with resistance sponge/octopus
w/ Backwards HP = with Backwards Hand Paddles / knuckle pad. / anchor pad.
positives / +'ves = sprints with stretch chord **assistance** / **assisted** sprints
negatives / -'ves = sprints with stretch chord **resistance** / **resisted** sprints
alt. = alternate
...w/ PB/S/Band = with Pullbouy, snorkel, band

br = breathing
d. = descending
SC = Stroke Count
SR = Stroke Rate / frequency / tempo
neg. split = Negative split (last ½ better than the first ½)
...neg. split SC = less strokes on the 2nd half
...neg. split / neg. split time = faster on the 2nd half
...neg. split SR = faster tempo on 2nd ½
...neg. split br = less breaths on 2nd ½
PB = Personal Best time (ie PB+5" = personal best time plus 5 seconds)
FEP = Front End Pace / First 50 of 100... first 100 of 200 etc.
BEP = Back End Pace / Last 50 of 100... last 100 of 200 etc.

repos = rest (en Français)
tous = all (en Français)

OYO = On Your Own / athlete's choice

		Heart rates	RPE	Set design notes
CLEAR	Easy/recovery; No requirements at all; does not have to be 'real' swimming	n/a	0-1	Easy movements, relaxing. No training effect.
WHITE AE-C	Easy; Should be well swum with focus on stroke mechanics AEROBIC CAPACITY WORK	Below 140	1-3	High volume, low intensity. Short rest between repeats. WHITE and PINK should make up the majority of workouts. Loses effectiveness if training is stopped or interrupted frequently. Too much variation is not effective. Use stroke count work/goals to add challenge.
PINK AE-C	Moderate; Aerobic maintenance AEROBIC CAPACITY WORK	130 - 160	4-5	High volume, low intensity. Short rest between repeats. WHITE and PINK should make up the majority of workouts. Loses effectiveness if training is stopped or interrupted frequently. Too much variation is not effective. Use stroke count work/goals to add challenge. Should be negative split for maximal effectiveness
RED AE-C	Strong; Aerobic Development AEROBIC CAPACITY WORK	150-170	6-8	High volume, moderate intensity, short rest. Loses effectiveness if training is stopped or interrupted frequently. Too much variation is not effective. Should be negative split for maximal effectiveness Focus on maintaining SC during stress.
ORANGE AE-P	Fast; AEROBIC POWER WORK	160 & above	8-10	Stay around competition distance (200-500m). Short rest, high intensity. Important for distance/mid-distance swimmers to prepare for 400m race distances and up.
GREEN AN-AL	Maximum Speed; ANAEROBIC ALACTIC WORK	n/a	7-10*	Very short intervals (5m-30m). All reps must be maximum speed. Swimmers should be fresh so this should occur near the beginning of the workout. Rest 1:2 to 1:8, can include active rest; need to re-synthesize creatine-phosphate. Very effective with SR training.
BLUE AN-C	Fast; Frequently targeted around race pace work ANEROBIC CAPACITY WORK	n/a	8-9	Short intervals. (25m - 150m). Preferably in first ½ of workout before fatigue. Passive rest; should be 1:1 to 1:2. Can be done with SR training; and race pace work (100-200m or 400m race pace)
PURPLE AN-P	Maximum Effort; ANEROBIC POWER WORK	n/a	9-10	Must be maximum speed/effort; keep repeat distance short. Lots of rest, and must be paired with lots of long, slow swimming to maintain aerobic/anaerobic capacities.



56.1 km

65 km

65.7 km

During this week:
 Stroke reliability
 Steady K+P sets
 Volume targets
 Low intensity

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

2015.12.29am – 50m Outdoor @ Thanyapura

- *First workout after arrival night before... long flights and little sleep to be aware of*

4x 50 **WHITE** / Smooth – think ahead – setup UW (10-15m), stroke count, time

4x 100 **WHITE** / Smooth hold numbers

5x 200 **PINK** / moderate “ “

3x 400 **PINK** / moderate “

800 **PINK** / moderate “

2x 400 **RED** / strong hold SC, d. 400's 1-2 (*faster than 3x 400 above*)

4x 200 **RED** / strong hold speed from last 400... increase distance per stroke (reduce stroke count)... make it as easy as possible (reduce ♥ throughout 4x200)

4x 100 **RED** / strong hold SC from last 200's, neg. split 1st 50 same speed as 200's... 2nd 50 faster

8x 50 Mini-Max **RED** – “fast” (*by feel on first session after travel*) with good distance per stroke



MSH (FS w/ S)
45 – 31
130 – 31
300 – 31
600 – 31
1200 – 31
545 – 30
542 – 30
247 – 28
245
244
242
124
118
118
118
36 – 24
36.8 – 24
35.5 – 24

AM (FS w/ S)
44 – 34
125 – 34
247 – 34
x
x
535 – 34
528 – 34
240 – 33
240 – 33
238 – 33
238 – 33
115 – 33
116 – 33
116 – 33
35.3
35.9
36.1
35.8
35.0
35

BJ:
FS w/ S:
40 – 32
120 – 31
240 – 30
525 – 28
BA Band+PB:
X
X
245 – 42
130 – 41/40
42 – 39

2015.12.29pm – 25m Outdoor @ Thanyapura

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

5x { 50 K or drill
15m Breakout – fast! **GREEN**
5m Finish **GREEN**

5x { 400 K/S by 50 neg. split SC **WHITE** / **PINK** (MSH TT:30)
2x { 1 S w/ F @ 1'15 d. 1-4, 1-3, 1-2, 1-2 2nd 25 **WHITE** → **GREEN** (15m UW)
1 K w/ F @ 1'45 **PINK** (15m UW)
1 P (AM = BR P w/ F) @ 1'30 **PINK**
1 IM @ 1'45 **PINK** (15m UW)

plus one more round;

1 S w/ F @ 1'15 d. 1-4, 1-3, 1-2, 1-2 2nd 25 **WHITE** → **GREEN** (15m UW)
1 K w/ F @ 1'45 **PINK** (15m UW)
1 P (AM = BR P w/ F) @ 1'30 **PINK**
1 IM @ 1'45 **PINK** (15m UW)

MSH:	16.5	16.7	15.9	13.0	18.3	15.5	12.5	19.x	11.9	20.1	12.1
AM:	17.4	16.7	15.9	14.8	18.0	15.6	14.6	16.1	14.3	16.7	14.0
BJ:	x	17.4	17.5	16.6	– BA Band P (sore back- modified set) did 4 round of main set, then got out.						
DH:	18.4	16.7	15.3	xx.x	16.9	14.9	13.6	15.6	14.4	15.8	13.7
MG:	18.6	16.1	14.7	xx.x	16.5	14.6	14.4	15.3	13.8	15.1	14.0



2015.12.30pm – 50m Outdoor @ Thanyapura

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

ALL:

200 CH
 4x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'
 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'
 200 CH

BJ:
 Chiro appt. swim pull
 after (200's FS 2'35)

 6k on the day including a
 swim at Noon

MSH, DH, MG:

12x 400 **RED** @ 6'30
 MSH – FS TT:33, hold 10m UW, measure some 5m into the wall (<3.6)
 200 easy / CLEAR

12x 100 K w/ F @ 1'45;
 odds: 15 **GREEN** / FAST! – 85 smooth / **WHITE**
 evens: 65 smooth / **WHITE** – 35 build to **GREEN** / FAST!

	DH	SC	MG	SC
	Time		Time	
1	5'26	37	5'27	30
2	5'23	37	5'23	30
3	5'28.2	37	5'25.9	30
4	5'27.08	37	5'24.2	30
5	5'30.4	37	5'23.3	30
6	5'33.34	37	5'23.85	30
7	5'30.4	37	5'23.5	30
8	5'30.3	37	5'24.3	30
9	5'30.6	37	5'24.5	30
10	5'33.3	37	5'26.0	30
11	5'34.9	37	5'28.2	30
12	5'30.17	36	5'32.33	30

AM, MM:

5x { 5x 200 **RED** @ 3'30
 100 CLEAR @ 2'30

AM: alt. 200 BR / 200 FS

...hold SC, measure some 5m into the wall (<3.6), even split...

...#1 PB+35" ... #2-13 get better

MM:

r.1: 1st and 3rd 50 FL swim, 2nd 50 4K 1A x 25, 4th 50 4KI stretch pro (1-1-1,2-2-2,3-3-3)

obj: x time with y stroke count

r.2: 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim

obj: x-1 with y stroke count OR x with y-1 stroke count

r.3: 1st and 3rd 50 FL swim, 2nd 50 4KI 1A x 25, 4th 50 4KI stretch pro (1-1-1,2-2-2,3-3-3)

obj: x-2 with y stroke count OR x with y-2 stroke count

r.4: 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim

obj: x-3 with y stroke count OR x with y-3 stroke count

r.5: 1st and last 50 FL swim, mid-100 1st 50 4KI stretch pro, 2nd 50 F

obj: x-4 with y stroke count OR x with y-4 stroke count

Technical keys:

- 1) Keep the downhill feeling but stay close to central line
- 2) Legs as one unit on kick
- 3) Same UFK count off every FL wall

200 CLEAR

MSH:
 231.8/506 – 34 strokes
 230.7/503 – 34
 231.0/503 – 34
 232.0/506 – 34
 x/506 – 34
 x/506 – 34
 230.9/505 – 32-33-33-34's
 231.8/507 – 31-33-34's
 234.5/509 – 34
 234.1/510.3 – 34
 x/509.9 – 34
 234.4/509.4 – 34

AM – Breast
 129.2/301.3 15-14-14-14
 127.5/257.2 14-14-14-14
 125.2/253.5 14-14-14-14
 123.7/251.1 15-15-15-15
 123.8/250.6 15-15-15-15
 125.1/251.2 16-16-16-16
 125.1/253.1 16-16-16-16
 125.3/254.4 16-16-16-16
 126.8/256.1 16-17-17-17
 127.1/256.3 16-17-17-17
 127.7/258.3 16-17-17-17
 125.7/254.1 16-17-17-17
 124.0/251.3 17-17-18-18

AM – Free
 121.5/245.3 33-34-34-34
 121.3/243.9 33-34-34-34
 116.7/237.3 34-35-35-35
 117.5/235.5 34-35-35-35
 116.6/236.6 35-36-36-36
 116.8/237.6 35-37-37-37
 118.2/239.6 35-37-38-37
 119.3/242.8 35-36-37-36
 120.5/244.0 37-37-37-37
 120.9/243.5 36-37-37-37
 120.6/244.4 37-38-37-38
 118.9/240.6 36-37-36-37

THU.DEC.31 6:00-8:00AM

WARM-UP

600 on 10:00 as 50 choice SW – 50FR pro hyp – 50 choice KI (10-20-30-40F!)

5x100IM roll on 1:45, 1-4 done as 50 swim – 50 drill

1)FR-FL 2)FL-BK 3)BK-BR 4)BR-FR 5)IM (25 each stroke)

400FR on 6:30 as 501A – 50 speed play (4F! 8DPS 4F! 8DPS finishF! no breath with flip)

6x50 on 50 1)FL/BR pro combo 2)FR/BK pro combo

200 choice drill

****30x50 on 1:30****

1)KI 2)DR 3)F!

100PB/2 + 0.5s = 5pts

100PB/2 + 1.0s = 4pts

100PB/2 + 1.5s = 3pts

100PB/2 + 2.0s = 2pts

100PB/2 + 2.5s = 1pt.

REPs		1	2	3	4	5	6	7	8	9	10
Barb (FS P)	SR	47/47	47/47	47/45	48/35	47/40	47/47	45	43	46	46/45
	T	-	31.1	33.8	33.1	34.3	33.2	33.2	33.2	32.9	33.1
	SC	47	47	48	48	46	47	48	45	47	47
Mary (BR)	SR	39	30/30	29/30	31	34/32	35/32	36/31	37/33	34/34	36/33
	T	39.7	38.6	37.4	37.7	38.0	37.9	38.7	38.5	38.1	38.6
	SC	16	17	17	17	17	18	18	18	18	19
Ash (BR)	SR	23/23	28	30/30	35/31	33/32	35/34	30/29	32/31	35/33	33/33
	T	41.0	39.4	38.1	37.7	37.2	37.1	38.1	37.6	37.3	37.0
	SC	14	16	17	18	18	19	17	18	18	19
MM (FS)	SR	47/46	49/46	49/46	44/43	43/42	43/43	46/42	49/45	47/44	44/44
	T	29.2	29.7	29.8	29.5	29.6	29.5	29.3	28.7	29.3	29.0
	SC	34	34	35	32	32	31	32	31	30	33
DH (BA)	SR	45	46.8/43.4	49/45.1	45.3/44.7	44.2/44.8	46.5/46.3	44.8/43.9	44.2	45.8/43.9	45.2/44.5
	T	30.9	30.88	30.77	30.67	31.09	30.83	31.29	31.42	31.45	31.2
	SC	38	39	38	38	38	38	39	39	38	38
MG (BA)	SR	38/41	41.8/42.2	43.1/44.1	42.4/44.4	43.3/42.2	40/44.2	44/43.2	43/43.9	41.7/42.4	41/43.1
	T	31.76	31.61	31.34	31.82	31.82	31.95	31.99	31.98	32.49	32.2
	SC	36	38	38	39	38	39	39	38	38	37

16x50 on 1:00 with FINS

1-8: 2 as 40EZ-10F! + 10F!-40EZ, then 35-15 + 15-35, then 30-20 + 20-30, then 25-25 + 25-25

9-16: 20m FR F! + 15m non-FR F! + 15m EZ

1x100FR on 1:20 – 1x50 EZ on 1:00

2x100FR on 1:20 – 1x50 EZ on 1:00

3x100FR on 1:20 – 1x50 EZ on 1:00

4x100FR on 1:20 – 1x50 EZ on 1:00

5x100FR on 1:20

***ALL 100's even-split with 2nd 50 stroke count (quality control on short rest)**

2015.12.31pm – 25m Outdoor @ Thanyapura

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

400 as 25 K – 25 S... 50 FS or BA / 50 IMO

4x 100 w/ F as 25 UW – 50 S (*build to wall*) – 15m UW+BO **GREEN** / Fast – 10m no br to wall @ 2'30

4x 50 K no board, IMO @ 1'10

FLY = '4-kick' / body dolphin

BA = BA K

BR = BR K on back

FS = side K

4x { 3x 100 as 25 K – 50 S – 25 K @ 1'40 **RED**
...MSH = touch all the strokes on kicking and swimming during the set.
3x 100 Spin IM (FLY-BA, BA-BR, BR-FS) @ 1'40 – 1'40 – 1'35 – 1'30 by round **ORANGE**
400 w/ F as 25 UW – 25 BA K hands in air – 25 UW – 25 BA S **WHITE**
<re-group>

20x 50 BA Band P @ 50" (AM=BR P w/ F hold 6 strokes) (MSH TT:37 w/ FP) **PINK**



2016.01.01am – 50m Outdoor @ Thanyapura

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

MSH, DH, MG:

400 CH

8x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'

6x { 200 **RED** @ 3'
200 **RED** @ 4'
MSH – FS w/ S, TT:35, hold 10m UW, hold 34 strokes
100 easy / CLEAR

12x 150 w/ F K-S-K by 50 @ 2'30;

- #1: 30 **GREEN** / FAST! – 90 smooth / **WHITE** / 30 **GREEN** / FAST!
- #2: 50 smooth / **WHITE** – 30 **GREEN** / FAST! – 70 smooth / **WHITE**
- #3: 30 **GREEN** / FAST! – 90 smooth / **WHITE** / 30 **GREEN** / FAST!
- #4: 70 smooth / **WHITE** – 30 **GREEN** / FAST! – 50 smooth / **WHITE**

MSH:
114.9/233.3 – 34
114.4/232.6 – 34
115.0/231.6 – 34
115.1/233.0 – 34
113.2/229.6 – 34
112.8/228.8 – 34
113.0/229.6 – 33-34-34-35
113.6/229.5 – 34
113.9/230.3 – 34-34-35-35
114.7/230.9 – 34
112.6/228.8*- 34
113.4/225.1*- 34
*no TT on last round but maintained SR at 35

BJ:
115.3/238.5 37/36
????/241.0 "
(FS PB/Band)

126.7/256.3
132.1/305.0
(BA Band)

DH, MG:

3x { 3x 150 P **PINK** d. 150's 1-3, d. SC each 50
DH, MG = alt. FS P (PB-low) / BA Band P / FS P (PB-low) by round
50 CLEAR @ 1'

MSH:

3x { 3x 100 BA Band P (TT:30) neg. split SC **PINK** @ 2'
50 CLEAR @ 1'

	1	2	3	4	5	6	7	8	9	10	11	12
Danielle												
SR	32	32	32	32	32	32	31	31	32	30	31 high	30
Time	2'37.99	2'39.00	2'40	2'37.5	2'42	2'44	2'44.59	2'47.87	2'45.9	2'48.91	2'51	2'48.95
SC	37	37	37	37	37	37	37	37	37	37	37	37
Mackenzie												
SR	28	28	29	30	29	29	30	29	29	29	29	29
Time	2'34.64	2'35.5	2'32.99	2'32.7	2'33.1	2'32.68	2'34.11	2'34.20	2'34.34	2'35.19	2'34.99	
SC	30	31	31	31	31	31	31	31	31	31	31	31

AM, MM:

400 CH

8x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'

5x { 5x 100 **RED** @ 1'50
100 CLEAR @ 2'20

AM: BR – FS – BR – FS – BR by 100
...hold SC 18 or less, even split...
...r.1 monitor SC, Time, SR
...r.2 hold SC, Time, SR (TT:24)
...r.3-5 hold Time, SR (TT:25) low SC

MM: ODD RDS:
1+3+5) FL swim *D
50 and hold
2+4) 50FR swim – 50
R, 4x4KI FULL)
EVEN RDS:
#1 50FR-50FL
#2 50FL-50FR
#3 50FR-50FL
#4 50FL-50FR
#5 50FR-50FL
*50FL = either T D1-5
D1-5 and hold T

AM: (BR)
43.7/127.7 14-15
43.3/126.1 14-15 (23-24)
43.7/127.0 14-15
42.8/126.8 14-15
43.1/127.1 14-15
42.8/126.8 14-15
42.2/125.4 15-15
42.2/125.3 15-16
41.8/125.3 15-16
42.4/126.1 15-16
42.4/125.9 15-16
41.7/125.3 15-16
41.5/124.8 15-16
41.5/124.7 15-16
41.5/124.3 15-16
(FS)
xx.x/xxx.x 35-35
41.2/122.7 34-35
40.2/120.0 34-35
39.7/119.7 35-35
40.2/120.7 35-35
40.0/119.5 35-35
39.0/119.1 35-35
38.9/118.3 35-35
39.5/119.1 35-35
39.3/119.0 35-35

12x 150 w/ F K-S-K by 50 @ 2'30;

- #1: 30 **GREEN** / FAST! – 90 smooth / **WHITE** / 30 **GREEN** / FAST!
- #2: 70 smooth / **WHITE** – 30 **GREEN** / FAST! – 50 smooth / **WHITE**
- #3: 30 **GREEN** / FAST! – 90 smooth / **WHITE** / 30 **GREEN** / FAST!
- #4: 50 smooth / **WHITE** – 30 **GREEN** / FAST! – 70 smooth / **WHITE**

2016.01.01pm – 25m Outdoor @ Thanyapura

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

300m... alternate Free / Back by 50... alternate Swim / R-arm only / L-arm only by 100

- 6x { 25 FLY/BR @ 35"... r.1+2 – 1 stroke each... r.3,4 2 strokes on each... r.5,6 3 strokes on each
 ...obj – hold to 6 cycles exactly on all 25's
 25 BA/FS @ 25"... r.1 – 1 stroke each... r.2 2 strokes on each... r.3 3 strokes etc. etc.
 ...obj – hold to 6 cycles exactly on all 25's

	SPEED	SPONGE	YELLOW	FINS	DIVE
Mary	1	2	3	4	5
Ashley	5	2	4	1	3
Maggie	1	4	3	5	2
Danielle	5	1	2	4	3
Mackenzie	3	4	2	1	5
Barb	3	1	4	5	2

SPONGE set:

- 6x { 100 S w/ sponge @ 2'10 d. 1-6 **WHITE** → **RED** (smooth → strong)
 50 K w/ sponge @ 1'10 d. 1-6 **WHITE** → **RED** (smooth → strong)

YELLOW assisted work with yellow (loose) chords:

- 2x { 2x { 50 (against/with)
 2x 25 (1 against, 1 with)
 100 ez

FINS underwater focus, overspeed work:

- 4x (4x 75 w/ F @ 1'15)
 First 75: 3rd 25 UW **GREEN** (r.1 on right side, r.2 on front, r.3 on left side, r.4 on back)
 Second 75: 1st 25 UW **GREEN** (r.1 on right side, r.2 on front, r.3 on left side, r.4 on back)
 Third 75: w/ Paddles – 2nd 25 Swim **GREEN**
 Fourth 75: easy / recovery

DIVE Push&Glide work with short chord / Dive&Sprint work with thick chords:

- 3x { 3x Push+Glide w/ short chord
 <unbuckle> → Push 25m BLAST **GREEN**... 25 easy swim return
 3x Dive+B.O. w/ thick chord
 <unbuckle> → Dive 25m BLAST **GREEN**... 25 easy swim return

SPEED play / drill:

- 4x { 75 @ 1'15 ; 15 S – 60 D (Drill)
 100 @ 1'40 ; 25 D – 20 S – 30 D – 25 S (Swim)
 125 @ 2'05 ; 50 D – 20 S – 40 D – 15 S
 ...all Swimming is at maximum speed (**GREEN**)
 ...all Drilling should be relevant, and precise, but relaxed (recovery) (**WHITE**)

28	29	30	31	1	2	3
4	5	6	7	8	9	10
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2016.01.02am – 50m Outdoor @ Thanyapura

400 FS w/ FP+S+F

4x { 100 CH @ 1'45
3x 50 CH @ 50" – 45" – 40" – 35" by round

6x 200 @ 4':

- #1,3,5: Low SC (MG = 26) – **PINK**
- #2: 100 **BLUE** (200m FEP) – 100 CLEAR / easy
- #4: 50 CLEAR / easy – 100 **BLUE** (200m race pace) – 50 CLEAR
- #6: 100 CLEAR / 100 **BLUE** (200m BEP)

200PB/2 + 1" = 5pts
200PB/2 + 2" = 4pts
200PB/2 + 3" = 3pts
200PB/2 + 4" = 2pts
200PB/2 + 5" = 1pt

+5' rest

200 **PURPLE** race simulation effort:

- 50 @ 15" rest
- 100 @ 15" rest
- 50

200PB/4 + .5" = 5pts
200PB/4 + 1" = 4pts
200PB/4 + 1.5" = 3pts
200PB/4 + 2" = 2pts
200PB/4 + 2.5" = 1pt

200PB/2 + 1" = 5pts
200PB/2 + 2" = 4pts
200PB/2 + 3" = 3pts
200PB/2 + 4" = 2pts
200PB/2 + 5" = 1pt

2x 300 FS P (PB/Band/HP[S opt.]) @ 4'30 **WHITE**
d. SC 1-3 by 100 (i.e. 31-31-30-30-29-29)

6x 150 K @ 3':

- #1,3,5: **PINK**
- #2: 75 **BLUE** – 75 CLEAR / easy
- #4: 37.5 CLEAR / easy – 75 **BLUE** – 37.5 CLEAR
- #6: 75 CLEAR / 75 **BLUE**

For each 75m effort
your goal is to beat
your 100m time from
the series before!

+2' rest

T-200 K **BLUE** @ 5'

5x { 3x 100 @ 1'20 **PINK** / **RED** (30bbm) (strong) (get your butt in gear)
+30" rest

BJ (BA Band P)	MSH (BA)	AM (BR)	MG (BA)	DH (BA)	MM (BA)
SC-27	SC-29	SC-14	SC-25	SC-35	SC-32
39.4 (42SR)	37.1 (29SR)	39.4 (31SR)-19	33.9 (41SR)	33.9 (37SR)	36.2
119.9 (40)	118.1 (27)	123.4 (29)-19	107.8 (41)	109.9	115.4
SC24-27	SC-29	SC-14	SC-25	SC-34	SC-31
39.7 (37)	36.5 (35)	39.6 (30)-18	34.8 (39)	xx.x (37)	39.9
121.1 (35)	116.8 (xx)	122.5 (27)-18	109.9 (39)	108.5 (40)	119.0
SC-24	SC-29	SC-14	SC-24	SC-34	SC-30
40.0 (31)	36.4 (34)	41.0 (33)-19	34.9 (37)	35.9 (36)	37.9
120.0 (38)	113.5 (33)	123.3 (30)-19	110.8 (37)	110.8 (38)	116.4
38.5	32.0	36.0-20	34.0	32.6	34.3
116.1	107.8 (35.8)	117.0-21	111.0	113.3	113.8
156.9	145.5 (37.7)	201.0-21	33.6	35.1	35.6
237.6	219.5 (34.0)	238.3-21	220.5	221.1	223.1
x	104.0	112.8	x	x	x
	101.9	111.7	x	x	x
	107.9	114.0	x	x	x
	126.7/259.2	135.2/313.7	315.6	307.2	304.0

2016.01.02pm – 50m Outdoor @ Thanyapura

MSH, DH, MG:

200 CH
 4x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'
 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'
 200 CH

10x 400 **RED** @ 6'30

MSH: FS TT:34, hold 10m UW, 34 strokes or less

5x { 100 BA K w/ F – Last 25 UW Dolphin K **GREEN** / Fast! @ 1'45
 100 BA K w/ F – Third 25 UW Dolphin K **GREEN** / Fast! @ 1'45
 100 BA K w/ F – Second 25 UW Dolphin K **GREEN** / Fast! @ 1'45
 100 BA K w/ F – First 25 UW Dolphin K **GREEN** / Fast! @ 1'45

AM, MM:

200 CH
 4x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'
 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'
 200 CH

5x { 4x 200 **RED** @ 3'30
 100 CLEAR @ 2'30

AM: alt. 200 BR / 200 FS

...r.1 14 to 15 strokes, d. around PB+30"
 ...r.2-5... progress PB+30 holding SC under 17, TT optional

MM: r.1: 1st and 3rd 50 FL swim, 2nd 50 4KI 1A x 25, 4th 50 4KI stretch pro (1-1-1,2-2-2,3-3-3)
 ...<40.6 ave with 20 stroke count ave
 r.2: 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim
 ...<40.5 ave with 19 stroke count ave
 r.3: 1st and 3rd 50 FL swim, 2nd 50 4KI 1A x 25, 4th 50 4KI stretch pro (1-1-1,2-2-2,3-3-3)
 ...<41.1 ave with 18 stroke count ave
 r.4: 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim
 ...<42.2 ave with 17 stroke count ave
 r.5: 1st and last 50 FL swim, mid-100 1st 50 4KI stretch pro, 2nd 50
 ...<40.1 ave with 16 stroke count ave

200 CLEAR / easy

2x { 100 BA K w/ F – Last 25 UW Dolphin K **GREEN** / Fast! @ 1'45
 100 BA K w/ F – Third 25 UW Dolphin K **GREEN** / Fast! @ 1'45
 100 BA K w/ F – Second 25 UW Dolphin K **GREEN** / Fast! @ 1'45
 100 BA K w/ F – First 25 UW Dolphin K **GREEN** / Fast! @ 1'45

	RD1		RD2		RD3		RD4		RD5	
	T	SC								
1	39.2	20	40.4	19	38.8	18	40.7	17	38.3	16
2	42.1	19	40.0	19	40.4	18	40.0	17	38.8	16
3	40.3	20	40.9	19	39.9	18	39.9	17	39.9	16
4	40.9	20	40.0	19	40.2	18	39.9	17	39.9	16
5	40.0	20	40.9	19	39.9	18	40.4	17	39.9	16
6	40.1	20	40.5	19	40.0	18	40.0	17	39.0	16
7	39.4	20	40.7	19	39.6	18	39.7	17	38.3	16
8	39.7	20	40.5	19	39.6	18	39.4	17	38.5	16
9	40.2	20	40.4	19	39.8	18	40.0	17	38.7	16

MSH:
 xxx.x/459.9 – 32-34 strokes
 228.8/459.9 – "
 228.6/459.6 "
 226.9/457.0 "
 226.7/456.1 "
 226.5/455.6 "
 226.9/456.1 – 32-33-34-34-34...
 xxx.x/456.3 "
 226.2/453.9 "
 226.1/452.6 "

3	30	31	1	2	3
6	7	8	9	10	
2	13	14	15	16	17
9	20	21	22	23	24

BJ:
 226.3 (32) x FS S
 239.7 (36) x FS P
 113.2/228.0 (32) – 33
 115.8/235.1(x) – 32
 113.6/228.2(30) – 31
 115.9/235.7(27) – 31
 113.8/227.9(xx) – 31/32
 116.5/234.2(24) – 30/31
 112.6/226.3(xx) – 29/30
 116.3/238.5(xx) – 30/31
 111.8/225.0(xx) – 29/30
 115.8/231.6(32) – 33/35
 123.6/249.7 – backwards HP P
 225.7/233.0 – 35-37
 113.8/229.4 – 39/40 backwards
 113.8/229.4 – 39/40
 111.8/223.5 – 32 (P)
 118.0/239.6 – 39/40
 107.5/217.7 – 33/34 (swim!)
 112.8/226.2 – 38 (P)

	MG	SC	DH	SC
	Time		Time	
1	5'22.3	31	5'27.3	37
2	5'17.4	31	5'24.9	37
3	5'16.5	31	5'26.45	37
4	5'15.28	31	5'27.9	37
5	5'16.34	31	5'29.55	37
6	5'14.94	31	5'25.44	37
7	5'14.84	31	5'26.6	37
8	5'14.86	31	5'26.68	37
9	5'15.08	31	5'26.5	37
10	5'17	31	5'27.04	37

AM: (breast)
 129.0/300.2 14-14-14-14
 127.6/257.3 14-14-14-14
 127.1/257.0 14-14-14-14 (22)
 128.0/258.5 14-15-15-15
 129.0/259.4 14-15-15-15 (21)
 126.4/256.8 15-16-16-16
 127.5/256.8 15-16-16-16
 127.4/257.1 15-16-16-16
 126.0/254.9 15-16-16-16
 126.3/256.2 15-16-16-16
 125.1/253.7 16-16-16-16

AM: (free)
 119.7/241.3 34-34-34-34
 119.1/239.1 34-34-34-34
 119.3/239.5
 119.5/240.4 34-35-35-35
 120.0/241.2 34-35-35-35 (29)
 118.5/238.8 35-36-36-36 (29)
 118.3/238.3 35-36-36-36
 117.6/237.1 36-36-36-36
 116.7/235.5
 115.4/233.2 36-37-37-37

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.04am – 50m Outdoor @ Thanyapura

4x 50 **WHITE** / Smooth – think ahead – setup UW (10-15m), stroke count, time

4x 100 **WHITE** / Smooth hold numbers

5x 200 **PINK** / moderate “ “

3x 400 **PINK** / moderate “

800 **PINK** / moderate “

2x 400 **RED** / strong, hold SC, d. 400's 1-2 (#1 faster than 800 above)

4x 200 **RED** / strong, increase distance per stroke (reduce stroke count)... make it as easy as possible, descend 200's 1-4 (#1 at speed of last 400)

4x 100 **RED** / strong, hold SC from last 200's, neg. split 1st 50 same speed as 200's... 2nd 50 faster

8x 50 Mini-Max **RED** / **BLUE** – really getting faster, with good distance per stroke – be aggressive

MSH: (BA w/ FP)	
44	- 28
126	- 28
252	- 28
552	- 28
547	- 28
540	- 28
1115	- 28

534	- 28
529	- 28
242	- 27
539	- 28/29
241	- 27
240	- 27
235	- 27

(BA Band P)	
113.9	- 27
113.2	- 27
112.9	- 27
113.5	- 27
32.4	- 28
32.0	- 28
32.2	- 28
32.1	- 28
30.4	- 31
31.5	- 28

BJ:	
FS w/ S:	
40	- 28
121	- 28
242	- 28
519	- 28
1040	- 28

(BA Swim)	
541	- 27/28
539	- 28/29
541	- 28/29

(BA Band P)	
310	- 37/38
306	- "
305	- "
307	- "
127	- "
124	- "
42/43	- 36 → 38

AM:	
44	- 34
124	- 34
246	- 34
535	- 34
1120	- 34
526	- 34
530	- 34
244	- 33-34-34-34
244	- "
118	- 34
118	- 34
117	- 34
117	- 34
36	-
36	-
33	- 35
33	- 35

	Danielle	FR	Mackenzie	BK
	T	SC	T	SC
4x50 (Avg.)	42"	37-38	42"	32
4x100 (Avg.)	1'22-1'23	37	1'25-1'26	31-32
5x200 (Avg.)	2'42-2'45	37	2'48-2'50	31-32
3x400 (Avg.)	5'25-5'27	37-38	5'30-5'31	31-32
800	10'52.4	37	10'45.89	31-32
2x400				
	5'14.8	37	5'14.8	31-32
	5'10.2	37	5'08.1	31-32
4x200				
	2'37	37	2'37	31-32
	2'35.2	36-37	2'33.5	29-30
	2'34	(36,37,37,37)	2'33	(29,28,29,29)
	2'34.3	(36,35,36,36)	2'33.7	(27,28,27,29)
4x100				
	39.3,1'16.3	(36,36)	37.5,1'13.8	(28,30)
	36.6,1'12.6	(36,36)	35.9,1'11.11	(29,30)
	1'12.4	(36,36)	1'12.0	(29,30)
	26.2,1'13	(36,36)	37.4,1'13	(29,29)
8x50				
	33	36	33.8	31
	32.2	36	34.4	30
	32.3	36	33.8	29
	32.1	36	34.2	29
	32.6	35	34.2	29
	31.4	35	34	28
	32	35	33.8	27
	30.7	33	33.9	27



4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.04pm – 50m Outdoor @ Thanyapura

300 ; 50 FS / 50 RevIMO... d. SC on FS each 100

300 FS P-low [HP opt.] br. 3/7 by 50

3x 100 CH K @ 15" rest... 15 **GREEN** ... 25 **WHITE**... 20 **GREEN** (turn)... 25 **WHITE**... 15 **GREEN**

6x 50 FS S ; 2 **WHITE** @ 50" / 2 **PINK** @ 45" / 2 **RED** @ 40"

DH, MG, (BJ): 4x 200 w/ F @ 3'30 **WHITE** ;

#1,3: 50 K (25 R-side / 25 L-side) – 100 D (50 12K-1S / 50 12K-3S) – 50 S low SC

#2,4: 50 R-arm – 50 L-arm – 50 3R-3L-3-S – 50 S build (last 15m **GREEN!**)

MSH, MM: 4x 200 @ 3'30 w/ F **RED** ; 50 FLY – 100 FS – 50 FLY

...should be less than 10" off your 200m PB

DH, MG, MSH, MM, (BJ): 16x 50 BA (DH, MG, BJ) or FLY w/ F (MSH w/ S, MM) S **BLUE**:

5 on 50" Check SC AFAP

4 on 1'00 Hold SC Faster

3 on 1'10 Hold SC Faster

2 on 1'20 Hold SC Faster

1 on 1'30 Hold SC Fastest

1 CLEAR

AM: 4x 200 @ 3'30 as;

1 as 150 3K-1P / 50 S **RED**

1 as 150 2K-1P / 50 S **RED**

1 as 2x (50 1up/1down – 50 S) w/ band around knees **RED**

1 CLEAR

12x Dive 50 BR S **BLUE**:

6 @ 1'10 – Check SC – AFAP

3 @ 1'20 – same SC... faster!

2 @ 1'30 – same SC... faster still!!

1 @ 1'40 – same SC... fastest!!!

All together:

800 as; 50 **BLUE** – hold SC as above

100 FS or BA S **WHITE** –12.5-15m UW K

50 **BLUE** – hold SC as above

200 FS or BA S **WHITE** –12.5-15m UW K

50 **BLUE** – hold SC as above

300 FS or BA S **WHITE** –12.5-15m UW K

50 **BLUE** – hold SC as above

100 CLEAR @ 4'

T-200 CH K (neg. split) **BLUE** @ 5'30

4x 50 K @ 1'10 **BLUE** // +1'20 rest //

5x 100 FS @ 1'25 **RED** (hold under 1'14)

300 ; 100 K – 100 S – 100 K **WHITE** @ 5'30

5x 100 FS @ 1'25 **RED** (hold under 1'13)

200 50 K – 100 S – 50 K **WHITE** @ 4'30

5x 100 FS @ 1'25 **RED** (hold under 1'12)

MSH: (FLY)

27.0	17
29.5	17
30.4	17
30.8	xx
31.7	xx
31.0	14
30.2	14
29.1	14
28.4	14
28.5	15
27.8	15
27.3	15
27.1	15
26.7	16
26.9	16

34.3	14
34.8	14
33.7	14
33.3	14

MG		DH	
T	SC	T	SC
32.4	33	34.3	35
33.7	33	34.3	35
34.4	33	34.5	35
34	33	34.5	35
34	33	34.2	35
33.2	34	35.8	36
33.2	34	35	36
33.1	34	35	36
33.1	34	34.3	36
32.6	34	34.01	35
32.7	34	33.28	35
32.3	34	33.1	35
32.3	34	33.1	36
32.1	34	33.05	36
31.19	36	31.65	36

AM: (BR S)

36.7	18
36.2	19
36.9	19
36.2	19
36.7	19
36.2	19
36.9	19
35.7	19
36.2	19
34.7	19
35.3	19
34.5	19

37.0	19
37.5	19
38.6	19
38.4	19

KICK SET:

MG: (FS K)	DH: (BA K)	MM: (FLY K)	AM: (BR K)	MSH: (FS K)
133.5/308.1	135.8/307.0	130.0/257.6	136.0/308.7	139.0/312.0
42.0	41.3	37.5	42.3	41.7
42.0	40.8	37.3	41.5	42.4
42.4	40.3	37.5	42.0	41.1
41.3	38.1	36.5	42.0	39.1

2016.01.05am – 50m Outdoor @ Thanyapura

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

ALL:

- 350 S @ 6' ; 100 FS (2nd 50 br. 4's) – 50 BA (25 D.A / 25 S)
- 100 FS (2nd 50 br. 5's) – 25 4-K FLY – 25 3K-1P BR – 50 FS (br. 6's)
- 75 S @ 1'15 ; 50 FS – 25 BA (10 UW K's off walls)
- 50 S @ 50" FLY-BA (9 UW K's w/ speed)
- 50 S @ 50" BA-BR (3 UW Pullouts)
- 25 FS @ 30" ... last 7m UW
- 25 FS @ 30" ...8 UW K's → 4 fast strokes
- 25 FS @ 35" ...15m Head Up → 10m no br finish **GREEN**

SR	Barb	SC	Mary
29	117.2	235.4 33/34	112.1 228.5 33-34-34-35
30	116.2	233.9 33/34	113.8 229.5 33-34-34-35
31	115.6	232.1 33	112.4 228.4 33-35-34-34
30	114.8	230.8 32-34	112.9 228.6 33-35-34-34
30	115.5	231.1 33/34	112.2 227.3 33-34-34-34
31	115	231 33/35 Pull	111.6 226.5 33-34-34-34
33	113.3	227.4 34/35 Pull	111.8 226.7 33-34-34-34
33	111.6	224.6 35 Pull	111.8 224.9 33-34-34-34
32	111.2	224.3 33-35 Pull	110.7 224.1 32-34-34-34
35	110.3	221.1 34-36 Pull	110.6 221.9 32-34-34-34

- DH, BJ, MSH, MG: 5x { 200 **RED** @ 3'
200 **RED** @ 4'
MSH – FS w/ S, TT:35, hold 10m UW, hold 34 strokes

100 easy / CLEAR

AM, MM:

- 5x { 4x 100 **RED** @ 1'50
100 CLEAR @ 2'10

AM: BR – CLEAR – BR – CLEAR by 100
...hold SC 17 or less obj. PB+17" - +15"

AM:
42.6/126.2 15-16
42.0/125.5 15-16
39.6/123.5 17-17
40.8/124.5 16-17
40.9/124.7 16-17
40.8/123.9 16-17
40.0/123.4 17-18
41.0/124.3 17-18 (27-28)
40.3/123.7 17-18 (28-28)
39.8/122.8 17-18 (28-28)

ALL:

5x (8x 50);

- r.1,3,5 ; alt. 2 K / 2 S obj. T+SC <65
- r.1 K @ 55" d. 1-4 – S @ 45"
- r.3 K @ 55" / 50" – S @ 45" / 40"
- r. 5 K @ 40" / 45" – S @ 45" / 35"
- r. 2,4 ; FS Band P 4 @ 50" / 4 @ 45" – r. 2 hold SC / r. 4 SC minus 1
- 100 w/ F @ 1'40 ; 50 FLY – 50 BA 1st & 3rd 25 UWK
- 100 BR w/ F @ 1'40 ;
- 50 as 3 cycles 4K-1P... 4 cycles 3K-1P... 5 cycles 2K-1P – 50 w/ FS K build
- 100 CLEAR

MM: ODD RDS:

- #1,3) 50FR swim – 50FL drill
(4x4KI L, 4x4KI R, 4x4KI FULL)
- #2,4) FL swim
- *D1-6 <1:21.7 ave. *stroke count 2nd 50 <19.4 ave. *50 drop 2.0s ave.

EVEN RDS:

- #1 50FR-50FL
- #2 50FL-50FR
- #3 50FR-50FL
- #4 50FL-50FR
- *50FL = T D1-4 from 39.8s and hold 18 S.C

	SR	28.9	28.9	30.2	30.7	30.8	31	30.1	29.3	31.1	31.6
MG	Time	2'32	2'31.6	2'28.7	2'28.5	2'29.3	2'29.8	2'29.99	2'28.9	2'30.6	2'29.2
	SC	31	31	31	31	31	31	31	32	32	32
	SR	33.2	35.1	35.1	33.4	34.2	34.2	33.9	35.6	35.6	36.1
DH	Time	2'35.8	2'26.3	2'34.0	2'38.7	2'36.9	2'40.4	2'36.9	2'40.1	2'39.2	2'36.3
	SC	37	37	37	37	37	37	37	37	37	37

MM:
41.3/125.7 18
39.1/119.0 19
38.7/119.6 18
38.8/118.1 18
38.8/118.0 18
37.0/114.7 18 (35-35)
avg. 119.1 / 18
39.7 18 (36-33)
39.5 18 (31-33)
38.8 18 (31-31)
36.2 18 (34-33)
39.8 18 (30-28)
39.4 18 (29-36)
39.5 17 (27-33)
37.9 18 (xx-37)



5	6	7	8	9	10	
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.05pm – 25m Outdoor @ Thanyapura

600 OYO – get ready for the first set (start set 16h15)

AM, DH:

- 3x 50 w/ F @ 1'20 (AM??) **BLUE** (fast!)
- r.1 – 2x 175 @ 3'45 ; 100m PB+12" **RED** / 5" rest / 25 **GREEN** / 50 low SC **WHITE**
- r.2 – 2x 200 @ 3'45 ; 100m PB+10?" **RED** / 5" rest / 25 **Max speed** / 75 low SC **WHITE**
- 3x r.3 – 2x 225 @ 3'45 ; 100m PB+8" **RED** / 5" rest / 25 **SUPER FAST!** / 100 low SC **WHITE**
- 25 w/ sponge @ 1' **BLUE** (100m race pace SR)
- 50 S @ 1'30 **BLUE** (100m race pace SR, underwater skills)
- 25 positive w/ chord @ 1' **BLUE** (fast feeling, less effort)
- 2x 100 @ 2' K/S **WHITE**

MSH, MG, BJ, MM:

- 2x 125 IM @ 2' ...move the 50 by round (r.1 = FLY, r.2 = BA, r.3 = BR)
- r.1 – 2x 175 @ 3'45 ; 100m PB+12" **RED** / 5" rest / 25 **GREEN** / 50 low SC **WHITE**
- r.2 – 2x 200 @ 3'45 ; 100m PB+10" **RED** / 5" rest / 25 **Max speed** / 75 low SC **WHITE**
- r.3 – 2x 225 @ 3'45 ; 100m PB+8" **RED** / 5" rest / 25 **SUPER FAST!** / 100 low SC **WHITE**
- 3x 25 Dive //CAUTION!!!// FLY @ 30" **ORANGE** (broken 200 IM – better than PB race pace)
- 50 FLY-BA @ 50" **ORANGE** (broken 200 IM add-up – better than PB race pace)
- 50 BA-BR @ 50" **ORANGE** (broken 200 IM add-up – better than PB race pace)
- 75 BR-FS-FS @ 1'20 **ORANGE** (broken 200 IM add-up – better than PB race pace)
- 2x 100 @ 2' K/S **WHITE**

8x 75 w/ F @ 1'15 WHITE

- 1 ; 3rd 25 UW
- 2 ; 2nd 25 UW
- 3 ; S
- 4 ; 1st and 3rd 25 UW

- 100 @ 1'05 **ORANGE**
- 75 @ 1'05 **RED**
- 100 K/S @ 2' **WHITE**
- 2x { 75 @ 45" **ORANGE**
- 50 @ 45" **RED**
- 100 K/S @ 2' **WHITE**
- 3x { 50 @ 30" **ORANGE**
- 25 @ 30" **RED**
- 100 K/S @ 2' **WHITE**

Option:
FS S

ORANGE FLY w/ F
RED FS or BA w/ F

ORANGE BA w/ F
RED BA w/ F



4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.06am – 25m Outdoor @ Thanyapura

400 IM relay

400m OYO warm-up

SPONGE (20' station)

- 3x { 200 w/ Sponge @ 3'15 **STEADY+CONSISTENT** (push focus)
 4x 25 w/ double sponge @ 45" **200m race pace stroke rate**
 +30" rest

TETHERED (20' station)

- 3x { 2x Dive **//CAUTION//** 25 on chord (2 rounds on each chord) **Max speed, short turn around**
 1x Dive **//CAUTION//** timed 25 (no chord) **Hold MAX speed, short turn around**
 100 'top-hat' drill **WHITE**

PADDLES (20' station)

- 300 PB-low BA or FS (AM alt. 25 FS / 25 BR w/ S) **Steady/Smooth @ 5'**
 12x 25 Band+Finger Paddles SR 45 (FS) / 40 (BA) – use Tempo Trainers @ 40"
 2x 100 Hand Paddles + Fins SR 45 (FS) / 40 (BA) – use Tempo Trainers @ 1'40
 4x 50 PB+Hand Paddles SR 45 (FS) / 40 (BA) – use Tempo Trainers @ 1'

ALL TOGETHER:

- 1x 125 @ 1'50 as 50 **WHITE** – 25 **Max Speed** BR, FLY or head-up FS – 50 **WHITE**
 2x 250 @ 3'20 – steady, even split, 10m UW **STEADY** (1'20 base / ♥ <170))
 2x 125 @ 1'50 as 50 **WHITE** – 25 **AFAP** BR, FLY or head-up FS – 50 **WHITE**
 3x 250 @ 3'20 – steady, even split, 10m UW **SMOOTH+LONG** (1'20 base / ♥ <170))
 3x 125 @ 1'50 as 50 **WHITE** – 25 **BLAST!** BR, FLY or head-up FS – 50 **WHITE**
 4x 250 @ 3'20 – steady, even split, 10m UW **CONTROLLED** (1'20 base / ♥ <170))



2016.01.07am – 50m Outdoor @ Thanyapura

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MSH, DH, MG:

200 CH

4x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'

200 CH

8x 400 **RED** @ 6'30

MSH: FS TT:35, hold 10m UW, 34 strokes or less

200 CLEAR / easy

9x 250 ; (MSH w/ FP)

2 @ 3'50 **PINK** (steady/smooth) (MSH = BA)

1 @ 3'20 (1'20 base) **RED** (strong/fast) (MSH = FS)

2 @ 3'50 **PINK** (MSH = BA)

2 @ 3'20 **RED** (MSH = FS)

1 @ 3'50 (steady/smooth) (MSH = BA)

1 @ 3'20 (strong/fast) (MSH = FS)

		SC		SR		SC	
	Mary				Barb		
230.7	506.8	34-36		30/33	229.9	502	32
233	511.8	34-38		34/32	225.7	453.7	33
232.4	510	34-36	TT:34	34	224.5	451.7	33/34
234.4	513.2	32-34	TT:34	34	226.7	458	36/37 Pull
235.2	515.6	32-34	TT:34	32	xxxx	457.4	35/37 Pull
234.5	513	32-35	TT:34	32/35	227.5	453.4	36/37 Pull
233.9	511.3	32-34	TT:34	35	222.7	448.7	37 Pull
234.8	511.8	31-33-34's	TT:34		222.4	444.8	36/38

T	MG	SR	T	DH	SR
5'11.86	31	26	5'25.06	37	32.7
5'05.76	31	29.3	5'21.87	37	32.2
5'04.6	31	28	5'19.27	37	32.4
5'06.2	31	28.5	5'20.9	37	32
5'08.95	31	28.8	5'21.54	37	32.9
5'07.9	31	29.7	5'22.81	37	33
5'07.06	31	29.8	5'24.58	37	33.6
5'08.7	31	28.5	5'21.9	36	33.8

AM, MM:

200 CH

4x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'

200 CH

4x { 4x 200 **RED** @ 3'30
100 CLEAR @ 2'30

AM: alt. 200 BR / 200 as 50 BR K on back / 50 CLEAR

...r.1 15 to 17 strokes, d. around PB+25"

...r.2-5... progress PB+20-25" holding SC under 17, TT optional

MM: r.1: 1st and 3rd 50 FL swim, 2nd 50 4KI 1A x 25, 4th 50 4KI stretch pro (1-1-1,2-2-2,3-3-3)

...<40.4 ave with 20 stroke count ave

r.2: 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim

...<39.4 ave with 19 stroke count ave

r.3: #1 1st and 3rd 50 FL swim, 2nd 50 4KI 1A x 25, 4th 50 4KI stretch pro

#2 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim

...<38.4 ave with 18 stroke count ave

r.4: 1st and 4th 50 FL swim, 2nd and 3rd 50 FR swim

...<37.4 ave with 17 stroke count ave

200 CLEAR / easy

7x 250 ;

2 @ 3'50 **PINK** (steady/smooth)

1 @ 3'20 (1'20 base) **RED** (strong/fast) (AM w/ F)

2 @ 3'50 **PINK**

2 @ 3'20 **RED** (AM w/ F)

AM				MM					
RD 1	01:28.5	02:59.5	15-15-15-15	RD1	RD2	RD3	RD4		
	01:28.7	03:00.0	15-16-16-16	37.9	20	39.8	19	38.7	18 37.8 17
RD 2	01:28.6	03:00.1	15-16-16-17	42.3	20	39.9	18	40.5	17 38.1 16
	01:26.6	02:56.4	17-17-17-17			39.8	19	38.9	18 37.3 16
RD 3	01:26.4	02:57.2	17-17-17-17	40.4	20	39.5	18	38.8	17 37.5 16
	01:26.7	02:57.7	17-17-17-17	41.2	19	39.6	19	38.0	18 36.6 16
RD 4	01:26.7	02:57.4	17-17-17-17	40.8	19	39.1	18	39.1	17 37.0 16
	01:26.1	02:55.9	17-17-17-18	38.4	20	40.4	19	38.5	18 36.3 15
				39.9	19	39.8	18	38.1	18 35.5 15

7 JAN 2016 PM [SCM] (swimmer's write the workout)

Warm up:

600 follow the leader
400 social kick w/F @ 7
300 pull @ 5
200 IM drill @ 3'30
100 scull

10x50 FR pull: 2 Pac man, 2 BWD HP, 5 HP @1'
5x100 K w/F @ 1'45 (Barb pull)
10x50 BA pull w/HP @1'
5x100 K w/F @ 1'45 (Barb Pull)
50 EZ

2 rounds of: 4x25 knees & toes scull @1'10
300 w/F (100S-100TH-100S) (Barb 250)

1 fin 1 paddle (opposite sides) (pull for Barb)
6x100 @1'30 (switch sides after 3 (extra 30))
50 EZ

24x25 w/F @30 (Swim for Barb)
6: 2 fly strokes 2 br strokes
6: BR w/ FR kick
6: BR w/Fly kick
6: FR w/Fly kick
100 EZ

Loser chooser relays (coaches choice 1st relay):
5 relays? Either 50's or 2x25 followed by 200 EZ
Teams: Barb, Mary + Danielle. Ashley, Maggie + Mackenzie



4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.08am – 50m Outdoor @ Thanyapura

6x 50 odds 1' – low SC / evens @ 45" – 40" – 35"
 3x 100 w/ F @ 15-20" rest

First and last 25 UW K / Second & third 25 BA K

AM/MSH: First and last 25 UW BR K / Second & third 25 BR K on back

6x 50 @ 1' – odds CH D / Evens #2 = SC, #4 = Build, #6 = 25! / 25 ez
 2x 50 @ 1' 20 FAST! – 30 Moderate hold SC and Form

20'

10x 200 as 50 K – 100 S – 50 K

- 4 @ 3'15
- 3 @ 3'10
- 2 @ 3'05
- 1 @ 3'

32' / 52'

	100 split	200	
Barb		2'24.4	Fr pull w/FP
MM	1'27.7	2'59.5	
MG	1'38	3'21.8	
DH	1'34	3'17.2	

DH, BJ, MG, MM: 16x Push 50 ; BA (DH, MG, BJ) or FLY w/ F (MM):

- 5 on 1'30 Check SC AFAP
- 4 on 1'20 Hold SC Faster
- 3 on 1'10 Hold SC Faster
- 2 on 1' Hold SC Faster
- 1 on 50" Hold SC Fastest
- 1 CLEAR @ 3'

20' / 1:12

MSH, AM: 12x Dive 50 BR S – monitor SC **BLUE** (MSH, AM):

- 6 @ 1'40 ... 3 @ 1'30 ... 2 @ 1'20 ... 1 @ 1'10

100 CLEAR

T-200 K on stroke @ 4' (MSH = FS K)

100 CLEAR @ 3'

7' / 1:20

5x (4x 100 +30")

- odd rounds; @ 1'20 hold 1'14 – 1'13 – 1'12 by round (even split)
- even rounds; @ 1'25 hold 1'11 – 1'10 by round (even split)

200 easy

30' / 1:50

T	MG	SR	T	DH	SR
31.4	37	44	31.4	37	44
31.8	37	42	31.9	37	43
31.6	37	38	31.8	37	42
32.1	37	42	32.1	37	42
32.1	37	40	32	37	43
32	37	40	32	37	42
32.2	37	38	32.1	37	45/42
32	37	40	32.2*	37	43
32	37	40	31.9	37	44/42
32.3	37	42/40	32.4	37	43
32.4	37	31	2.9	37	43
32.6	37	39	32.8	37	43
33.4	37	40	32.2	37	43
33.3	37	38	33.6	37	43
33.4	37	-	33.5	37	-
			* Left Late		
T	MM	SR	T	Barb	SR
33	21	46/46	-	-	-
33.2	21	46/45	-	-	-
31.8	22	49/50	-	-	-
31.8	22	53/52	-	-	-
31.6	22	55/52	32.2	37	41/40
31.9	22	51/52	31.9	37	42/40
32.3	22	51/50	32.3	39	44/42
31.6	22	51/49	33.1	39	45/45
32.3	22	51/51	38.3*	48*	45/43*
32.3	22	51/48	38.4	51	45/45
32.5	22	52/50	39.1	51	44/46
33	22	51/50	38.9	49	42/45
33	22	49/50	38.4	49	44/42
33.8	22	50/43	39.3	48	42/45
35.7	21	42/42	39.1	49	42/44
			* Started band pull		

AM		MS	
34.9	26	36.8	
37.3	18	37.8	20
36.5	20	37.7	19
37.0	20	38.7	19
37.0	20	38.5	20
36.8	20	38.4	18
36.7	19	38.6	18
37.2	19	39.2	19
37.1	19	39.7	20
37.1	19	39.1	20
37.6	19	39.9	20
37.7	19	39.4	20
200K		200K	
1:38.1/3:17.4		1:36.5/3:11.2	

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.08pm – 50m Outdoor @ Thanyapura

ALL:

400 CH

8x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'
(20' – 1.2k)

DH, BJ, MSH, MG: 4x { 200 **RED** @ 3'
200 **RED** @ 4'
MSH – FS w/ S, TT:36, hold 10m UW, hold 34 strokes or less

100 easy / CLEAR
(32' – 1.7k / 52' – 2.9k)

AM, MM:

4x { 4x 100 **RED** @ 1'50
100 CLEAR @ 2'10

	1	2	3	4	5	6	7	8
MG								
SR	29.2	29.9	31	31.2	32.2	32.9	31.4	32.5
Time	2'28.7	2'28.2	2'26.1	2'25.7	2'26.6	2'26.5	2'27.5	2'27.6
SC	32	32	32	32	32	32	32	32
DH								
SR	34.8	35.3	35.1	35	35	35.6	35.1	37.4
Time	2'33.29	2'33.4	2'32.4	2'34.4	2'33.5	2'34.2	2'35.02	2'33.6
SC	37	37	37	37	37	37	37	37

AM: alt. BR – 50 BR K on back / 50 CH by 100
...hold SC 17 or less obj. PB+15" or faster

MSH				Barb			
111.2	226.1	34-35-35-35		32/34	110	224	35's
111.7	226.4	34-35-35-35		34/33	109.9	223.6	34-35-35-35
110.5	223.8	33-35-35-35		33/33	109.1	221.1	34-35-35-36
110.3	222.5	33-35-35-35		35/34	109.3	221.5	33/34
110.6	223.7	33-35-34-35		35/34	108.6	220.4	33/34
110.3	222.2	33-34-34-35		33/35	109.2	220.6	33/35
109.7	222.5	33-34-34-35		34/34	108.3	219	33/35
110.1	222.3	33-34-35-35		X/36	107.8	215.3	33/35

MM: alt. FLY-FS / FS-FLY / FS / FLY by 100
...holding 18 strokes or less – obj. <39
(38' – 2.0k / 58' – 3.2k)

ALL:

300 @ 4' → First 50 fast (stroke from morning session)
BA/FLY = less than 1" from time speed from morning
BR = less than 2.5" from average time from morning (no dive)
3x { 300 @ 4'20 → First 25 fast "
BA/FLY ½ of average time from morning
BR = less than 2" from ½ average time from morning (no dive)
2x 300 @ 4'40 – steady, hold UW distance and SC
...r.1 w/ Finger Paddles, r. 2 = Swim, r. 3 w/ F
200-400 Swim down on drills working on feedback from Allan

	50	25	50	25	50	25
MG	32.1	15.7	32.7	15.7	28.3	12.8
MS	41.2	-	40.7	18.9	35.4	15.5
MM	31.4	16.1	32.6	15.4	30.3	13.5
DH	33.5	-	33.7	15.5	30	13.6
Barb	40.3*	18.4*	31.3	14.7	29.9	-
AM	37.5	18	37.8	18.1	35.8	15.2
* bk band pull						

AM				MM		
RD 1	40.7/1:24.1	16-16		RD 1	37.4	18
	40.4/1:23.6	16-17			39	18
2	40.0/1:22.8	16-17			37.7/1:18.2	18-18
	39.5/1:21.8	17-17		RD 2	37.7	18
3	38.9/1:21.3	17-17			38.5	17
	38.9/1:20.6	17-17			38.3/1:18.6	18-18
4	38.7/1:20.5	17-17		RD 3	38.7	17
	38.2/1:19.1	17-17			38.1	18
					37.0/1:16.6	18-18
				RD 4	37.2	17
					37.5	17
					36.1/1:14.5	18-18

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.09am – 50m Outdoor @ Thanyapura

06h00 : ~30' competition warm-up (1500m)

10' to change to race suits

Heat 1 – 06h45 : DH (50-50), MM (50-15"-50-10"-50-5"-50)

Heat 2 – 06h48 : MG(50-15"-50-10"-50-5"-50), AM(50-15"-50-10"-50-5"-50), MSH(4x 55m @ 20" rest)

10' to change back to training suits

07h00 begin:

- r.1 (6x 50 S @ 45" – hold 34-36) @ 5' (+30" rest)
- r.2 (3x 100 S @ 1'25 – hold ~1'14) @ 5' (+45" rest)
- 3x r.3 (2x 150 S @ 2'10 – hold ~1'54 @ 5'+50" rest)
- 3x 100* S @ 1'40 ; 75 **Strong – Faster – Fastest** by round – 25 Moderate, hold form
- 2x 150* K @ 3' **RED** → **ORANGE** by round ****2 rounds only – out of time**
- 200* ; (50 K @ 50" – 100 S @ 1'30 – 50 K under 50" **d. 1-3 by round**) @ 4' (+50" rest)
- **2 rounds only – out of time**

* = these should descend from 40BBM to 20BBM each round.

Think about r. 1 being at the same intensity as the 100's @ 1'20, and r.3 being very fast!



DH	
	30.1 52-47
	31.8 44-44
	01:01.9
MM	
	29.4 52-56-52
	32.3 52-49-50
	32.8 49-50-53
	33.2 52-52-51
	02:07.8
MSH	
	28.9 53-55-52
	33.1 40-37-37
	38.3 39-35-35
	28.8 49-47-45
	02:09.1
MG	
	31.3 44-42
	33.1 41-41
	33.7 39-40
	33.4 42-42
	02:11.5
AM	
	35.1 48-42
	38.9 35-34
	39.4 34-33
	39.6 34-34
	02:33

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016.01.09pm – 50m Outdoor @ Thanyapura

8x 100 K/S CH – 2 each @ 2' – 1'50 – 1'40 – 1'30

TURNS:

3x (20m in – 15m out turn (measuring 15-15, and 5-5)) @ 30" rest

2x 150 AFAP as (15-15)x5 @ 2'30

2x { 3x { 20m in – 15m out turn (measuring 15-15)
10" rest
10" vertical dolphin K w/ target of 25-30 kicks
10" rest
+1' rest

3x (20m in – 15m out turn (measuring 15-15, and 5-5)) @ 30" rest

TETHERED/SPEED:

2x { 3x Dive 15m walkback @ 30"
2x Dive 20m walkback @ 40"
1x Dive 25m walkback @ 1'40
2x 18 stroke cycles on tether (GREEN or YELLOW chord) – max effort – float back @ 1'30
+1' rest
2x 25m no tether AFAP

//Barb:

3x { r.1 (6x 50 FS @ 45" – hold 34-36) @ 5' (+30" rest) **WHITE/PINK** (♥ <160)
r.2 (3x 100 FS @ 1'25 – hold ~1'14) @ 5' (+45" rest) **WHITE/PINK** (♥ <160)
r.3 (2x 150 FS @ 2'10 – hold ~1'54) @ 5'(+50" rest) **WHITE/PINK** (♥ <160)
3x 100 BA @ 1'40 ; 75 **RED** → **ORANGE** by round – 25 Moderate, hold form
2x 150 FS P @ 2'15 **RED** → **ORANGE** by round
4x 50 BA Band P @ 50" **RED** → **ORANGE** by round @ 4' (+40" rest)

ALL:

2x { 300 ; 25 ez – 25 fast – 50 ez – 50 fast – 75 ez – 75 fast @ 5'
25 fast = 100m race pace or (200m race pace -1")
50 fast = 200m race pace
75 fast = 400m race pace or (200m race pace +1")
4x 150 P ; d. SC each 50... d. 150's 1-4
BR P w/ F – hold line on surface @ 2'15
FS P (Band/PB/FP [S opt.]) @ 2'15
BA Band P 2'45
12x 50 alt. 1 each @ 45" / 40" – hold SC – low HR, good UW
300 ; 25 ez – 25 fast – 50 ez – 50 fast – 75 ez – 75 fast @ 5' as above

11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

2016.01.11am – 25m Outdoor @ Thanyapura

400 CH

4x 100 IM w/ 15m UW @ 1'40

8x 50 FS alt. 1 each @ 45" / 40"

4x { 2x 200 IM @ 3' 10 d. 1-4 in pairs by round – maintain 10m UW
3x 100 K @ 1'50 neg. split, d. 1-3

20x 50 BA or FS Band or BR P [FP opt.] @ 1' alt. 1 DPS / 1 high SR (strong)

200 Mixed drills – working on technical points from Allan

//20' stroke work with Allan// - individual time for athletes during workout



2016.01.11pm – 50m Outdoor @ Thanyapura

14h45 : ~30' competition warm-up (1500m)

10' to change to race suits
(see next page for results)

Heat 1 – 15h30 : DH, AM
 Heat 2 – 15h34 : MG, MM
 Heat 3 – 15h37 : MSH, BJ

10' to change back to training suits

2x { 100 S @ 1'30 neg. split SC **RED**
 100 K @ 1'45 even split **RED**
 200 CH

			SR		SC	
	Mary			Barb		
222.7	449.9	34/35	33/31	230.2	503.5	36/37 Pull
223.5	449.7	32-34's	32/33	225.1	453.8	34-36 Pull
225	449.7	34-35	32/31	223.7	451.3	35-37 Pull
221.2	441.8	34-35	35/34	222.7	445.5	37
221.9	445.7	34-35	34/35	218.3	439.1	34-36
216.4	434	34-36	38	216.5	431.2	34-36

DH, MSH, MG, BJ:

6x 400 **RED** @ 6'30
 MSH: FS TT:35, hold 10m UW, 34 strokes or less
 100 CLEAR / easy

2x (3x 100 @ 1'20 even split **RED** + 30" rest)

	MG		DH
T	SC	T	SC
5'13.8	31	5'20.97	37
5'02.99	31	5'18.99	37
5'08.20	32	5'19.59	37
5'12.11	32	5'20.7	37
5'09.6	33	5'19.2	37
5'07.5	33	5'18.43	36

AM, MM:

4x { 3x 200 **RED** @ 3'30
 100 CLEAR @ 2'30

AM: alt. 200 BR / 200 ; 50 BR K on back / 50 CLEAR
 ...r.1 15 to 17 strokes, d. around PB+20"
 ...r.2-4... progress speed under stroke control 16-18 strokes

MM: r. 1 ; 1st and 3rd 50 FL swim, 2nd 50 4KI 1A x 25, 4th 50 4KI stretch pro (1-1-1,2-2-2,3-3-3)
 r.2: 1st and 3rd 50 FR swim, 2nd and 4th 50 FL swim
 r.3 #1 1st 100FL, #2 mid-100FL*non-FL as 50 drill-50FR, #3 last 100FL *d. 100FL's 1-3
 r.4 #1; 100FL-100FR, #2 ; 150FL-50FR, #3 ; 200FL

3x 100 @ 1'20 even split **RED**

AM				MM					
RD 1	1:27.6	2:58.6	15-15-15-15	RD1	RD2	RD3		RD4	
	1:25.9	2:55.0	15-16-16-16	40	18	41.6	18	38.2/1:20.9	18-18
RD 2	1:24.1	2:52.1	16-16-16-16	42.6	18	40.8	18	39.5/1:22.6	18-18
	1:23.9	2:52.3	16-16-16-16	40.9	18	40.4	18	39.5/1:19.0	18-18
RD 3	1:22.7	2:48.4	16-16-17-17	42.3	18	40.1	18	38.6/1:19.9/2:02.2/2:43.6	18-18-18-18
	1:22.5	2:47.2	16-16-17-17	40.2	18	40.9	18		
RD 4	1:21.1	2:46.*	17-17-18-18	41.6	18	40.3	18		
	1:21.5	2:44.5	17-17-18-18						

Danielle: 75m RP + 10''R+25mRP (100m) BK

SR	D	Split	Running T
	15m		7.41
48.1	25m	13.56	13.56
46.1	50m	16.65	30.21
47.8	75m	15.08	45.29
46.7	100m	13.88	59.17
	First 15m of last 25m		7.65

Ashley: 50RP +20''R+100RP+20''R+50RP (200m) BR

D	SRs	Stroke Counts	Splits	Running T
50	42-34-29	17	34.5	34.5
100	32-32-32	?	37.2	1'11. 8
150	32-32-33	19	39.5	1'51. 4
200	35-34-35	20	36.7	2'28. 1

Mackenzie: 50m RP + 10''R+100 RP + 10''R+50 RP (200m) BK

SR	D	Split		Final Time
43.4	50m	31.67	1'04. 33	2'12. 72
39.4	100m	32.66		
41.6				
39.6	150m	34.30	1'08. 39	
39.3				
41.8	200m	34.09		
41.1				

Maggie: 50m RP + 15''R+100 RP + 15''R+50 RP (200m) FLY

D	SRs	Splits	Running T
50	58-57-53	29.0	29.0
100	53-54-52	32.2	1'01. 2
150	54-52-51	35.0	1'36. 2
200	53-52-53	32.1	2'08. 4

Barb: 4x100 RP (400m) FR

D	Split		Final Time
100	30.46	1'02. 13	4'08. 94
	31.67		
200	30.39	1'02. 08	
	31.69		
300	30.37	1'02. 49	
	32.12		
400	30.48	1'02. 04	
	31.56		

Mary: 75RP+20''R+75RP+15''R+50RP (200m) IM

D	SRs	Splits	Running T
50	58-53-49	29.1	29.1
100	40-38-37	34.2*	1'03. 3
150	36-35-35	42.2	1'45. 6
200	48-45-42	29.6	2'15. 2

1	2	3	4	5	6	7
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

2016.01.12am – 25m Outdoor @ Thanyapura

400 w/ F + FP [S opt.] – best form

4x 100 w/ sponge + F + backwards HP – hold form, focus on PUSH @ 10” rest

8x 50 K/S 2 each @ 55” – 50” – 45” – 40”

2x { 5x 125 w/ sponge @ 2’
 #1 = 1st 25 fast! / **GREEN**... #2 = 2nd 25 fast! Etc. (rest of 125 **PINK**)
 +45” rest
 75 as 25 UW – 25 CH – 25 no br w/ sponge **WHITE**
 <regroup>

2x { 300 K-S-K by 100 @ 5’10 **PINK**
 2x 150 K @ 2’45 **PINK**

2x { 2x { 50 FS ‘top-hat’ @ 1’ **WHITE**
 100 FS S @ 1’20 **RED**
 2x { 50 BA w/ mascot @ 1’ **WHITE**
 100 BA S @ 1’25 **RED**

3x { 18 cycles on tether **BLUE**
 25 fast! (no tether) **GREEN**
 35m ez CLEAR
 turn – 15 in/out (timing 5-15) **GREEN**

+20’ video feedback w/ Allan



1	2	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

2016.01.12pm – 25m Outdoor @ Thanyapura

800 'perfect form' [F, FP, S] **WHITE**

MM:

5x(25-50-75-100-100-75-50-25)

r. 1,3,5 = S

r. 2 = K

r. 4 = S w/ F

(2.5)

Others:

800 w/ F as 25 UW – 25 CH **WHITE**

1500 BA w/ 15m UW **PINK**

- 3x { 300 @ 4' → First 50 fast (200m race pace) **BLUE** (250 **RED**)
 300 @ 4'20 → First 25 fast (100m race pace) **BLUE** (225 **PINK**)
 2x 300 @ 4'40 – steady, hold UW distance (min. 10m) and SC **PINK**
 ...r.1 w/ Finger Paddles, r. 2 = Swim, r. 3 w/ F+Sponge



2016.01.13am – 50m Outdoor @ Thanyapura #LastOneFastOne

11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

MG, DH, BJ, MSH:

400 CH 'perfect form' [F, FP, S]

8x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'

16x 50 alt. 1 @ 45" / 1 @ 40"

3x { 200 **RED** @ 3'
200 **RED** @ 4'

MSH – FS w/ S, TT:37, 10m UW, SC <35

100 easy / CLEAR

4x 200 K-S-S-K

BJ- 50 ; BA Band P @ 50" / 100 ; FS Band P @ 1'30 / 50 ; BA Band P 50") @ 4' all w/ FP **RED**

MSH- 200 ; 50 '4-kick' FLY / 100 BA S / 50 BR K on back @ 4' **PINK**

DH/MH- 200 ; 50 BA Side K (25R/25L) / 100 BA S / 50 BA K (12K-3S)

8x 50 alt. 1 each @ 45" / 40" **PINK**

+50" rest

3x { 4x 100 @ 1'20 even split) **RED**
+40" rest

8x 50 alt. 1 each @ 40" / 45" **PINK**

(33' – 2.0k / 1:50 – 6.1k) 33'

Mary	SC	Barb	SC	MG	SC	DH	SC
1'09.5	35	1'09.7		1'14.8		1'13.8	
2'22.8	36	2'21.3	34	2'32.18	33	2'33.1	37
1'10.9		1'09.3		1'14.2		1'16.3	
2'24.2	38	2'20.3	34	2'31.2	33	2'36.1	37
1'09.3		1'09.8		1'13.1		1'14.5	
2'23.1	36	add paddle	-	2'28.5	33	2'32.8	37
1'09.6		1'11		1'12.4		1'16.2	
2'23.1	36	2'23.4	37	2'26.6	33	2'35.6	37
1'10		1'09.6		1'12.6		1'16.2	
2'23.5	34	2'21.7	38	2'26.5	33	2'35.8	37
1'09.6		1'08.7		1'13.5		1'17.3	
2'22.1	36	1'18.7	39	2'28.4	33	2'36	37

2016.01.13am – 50m Outdoor @ Thanyapura #LastOneFastOne

11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

AM, MM:

400 CH 'perfect form' [F, FP, S]

8x 50 BA or FS P (band only) [FP/S opt.] **PINK** @ 1'

2x 200 K 80 smooth / **WHITE** – 60 build – 60 strong / **RED** @ 4'

16x 50 alt. 1 @ 45" / 1 @ 40"

4x { 3x 100 **ORANGE** @ 2'30
100 CLEAR @ 2'

Controlled 'best average' – hold stroke changes and d. each round

4x 200 K-S-S-K

MM: @ (50" / 1'30 / 50") @ 4'

AM: @ 4' BR K on back / FS S **WHITE**

8x 50 alt. 1 each @ 45" / 40" **PINK**

+50" rest

2x { 4x 100 @ 1'20 even split) **RED**
+40" rest

8x 50 alt. 1 each @ 40" / 45" **PINK**

(27' – 1.6 k / 1:50 – 6.0k)

MM	AM
31.2-21	38.4-16
111.2-23	122.4-17
33.6-19	37.5-16
112.7-21	120.9-17
33.5-18	37.0-16
113.2-19	119.9-18
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34.6-18	37.3-16
113.7-19	120.0-18
33.5-18	37.1-16
111.7-20	119.5-18
33.8-19	37.1-17
112.0-20	119.5-18
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34.9-19	37.0-17
113.2-21	119.5-18
34.0-18	37.1-17
112.3-20	119.6-18
34.5-19	37.1-17
112.0-20	120.0-18