

Bronze

#1 - Bronze

Warm-up:

200 free, 200 choice

Drills:

200 - alternating 25 scull/25 kick (no board) - mix up strokes - snorkel OK

6 x 50 backstroke drills - :15 rest

#1 left arm (focus on pull and push), #2 right arm (focus on pull and push),
#3 double arm, #4 up/down/around, #5 wave, #6 perfect

4 x 25 build backstroke - :10 rest

Main Set:

8 x 75 - :20 rest - middle length is always fast

1) fly/fly/back 2) fly/back/back 3) back/back/breast 4) back/breast/breast
5) breast/breast/free 6) breast/free/free 7) free/free/fly 8) Your choice

4 x 50 - 25 stroke/25 free - stroke is fast, free is easy - :15 rest

4 x 25 one of each stroke, all fast - :20 rest

Pull:

8 x 50 with paddles & buoy - 2 easy, 2 a little fast, 2 fast, 2 very fast - :20 rest

100 very quiet, gentle swimming freestyle

Sprints:

8 x Sprint 25's - start & finish in the middle - fast flip, good streamline, mix up the strokes - :20 rest

Cool down: 200

(2800)

#2 - Bronze

Warm-up:

200 free, backwards 200 IM drill

Kick:

2 x (100, 75, 50, 25) - get fast as it gets shorter - :15 rest

Drills:

16 x 25 - 4 of each stroke - skull, left arm, right arm, perfect - :10 rest

Main Set:

200 IM build within each 50 - :30 rest

100 choice EZ recovery - :30 rest

8 x 25 fast - 2 each stroke - :10 rest

Rest 1 minute

200 Free build - :30 rest

100 choice EZ recovery - :30 rest

8 x 25 fast - 2 each stroke - :10 rest

Easy 50

Pull:

8 x 50 with paddles & buoy - 2 left paddle only, 2 right paddle only, 2 both paddles, 2 no paddles - Snorkel OK

Cool down: 100

(2850)

#3 - Bronze

Warm-up:

100 free/100 choice/100 free/100 choice

Kick:

6 x 50 kick - Odds: 25 free kick/25 butterfly kick, Evens: 25 free kick/25 breaststroke kick - snorkel OK - :10 rest

Drills:

8 x 50 breaststroke drills - :15 rest

#1 Left arm, #2 Right arm, #3 Left arm/Right leg #4 Right arm/Left leg, #5 Dolphin kick, #6 Perfect stroke

4 x 25 build breaststroke - :10 rest

Main set:

8 x 50's free - 2 rounds of 4 - Get faster with each 50 so #4 and #8 are SUPER FAST - :15 rest

8 x 25's free - 2 rounds of 4 - Get faster with each 50 so #4 and #8 are SUPER FAST - :15 rest

50 easy

2 x 50 - back - #1 moderate, #2 fast - :20 rest

2 x 50 - fly - #1 moderate, #2 fast - :20 rest

2 x 50 breast - #1 moderate, #2 fast - :20 rest

50 easy

Pull:

4 x 125 pull with paddles & buoy - middle 25 is fast, outside 50's are slow perfect stroke - :10 rest

Do 4 fast finishes from the middle (no gear) - no breathing the last 5 strokes on fly and free, no looking back on backstroke

Cool down: 100

(2800)