

Sunday 9/16/07 Sprint

1. 600 Choice
2. 12x75 IM drop/add on 1:15/1:20/1:30 or 8 on :15 resst
3. Free Set  
200 UW turns 3:00  
5x100 (or 4x75) - EZ, 25 easy speed, 50 easy speed, 75.... 1:30  
12x25 (or 8) on :40 - EZ, Build, UW, Sprint

4. Breast

- 6x50 kick, no board, kick hands, breath every kick on 1:15+ (lanes 1-2 did 4)  
4x100 3,2,1,0 glide by 100 on 2 (lane 1: 4x50, lane 2:4x75)  
8-12x25 on :45, EZ, 2x pullout, with flutter kick, fast

5. loosen

Sunday 9/16/07 Distance

1. 600 choice
2. 10x100 on good aerobic pace (1:25, 1:35, 1:50)
3. 5x400-500 on 6:30/7:30/8:30  
odds - picked up  
evens - make

Thursday 9/14/07 - oops! sorry for the delay.

1. 600
2. 16x25 free drill  
(4 - extra streamline, 4 hottie drill, 4 head position, 4 pay attention to breathing)
3. Main Set  
4x100 IM on 1:40/1:45/1:50/2:00  
8\*25 Fly :35/:35/:40  
50 easy  
4x100 IM on 1:35/1:40/1:45/or 3 on 1:55  
6\*50 back on :55/1:00/1:05/1:10  
50 easy  
4x100 IM on 1:30/1:35/1:40/ 3 on 1:45, 2 on 1:50  
4\*75 Breast on 1m interval  
50 easy  
4x100 IM on 1:25/1:30/1:35/ 3 @ 1:40/ 1 @ 1:45/  
3\*100 free on IM interval  
50 easy

4. Loosen