

Coach Sharon Johnson

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Asst. Coach, Lisa Corbett

TriFury Coached Workout

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Swimming, Week 7

October 21th, 2007

1. Warm-Up 1000 yards

200 yards swim

50 kick right side, 50 kick left side, 50 kick right, 50 kick left , all with fins

50 kick right side, 50 kick left side, 50 kick right, 50 kick left , all with **no** fins

200 pull, each 50 breathe every 7th, 5th, 3rd, 7th stroke

200 no hand swim with fins - work on strong core rotation and core posture

2. Vertical Kicking (kick from core)

(Kick 45 min rest 15) X 4 (Include rotational kick practice)

(If this is difficult, use fins)

3. Drills (drill 25, swim 25) 400 yards (5 bobs in between 50's)

1. head up
2. catchup
3. fingertip drag
4. fist
5. right arm
6. left arm
7. right arm
8. left arm

4. Main Set 1000 (build each 200 by 50)

5 x 200, first rest is 20 seconds , second rest is 15, third rest is 10, fourth rest is 5 seconds, maintain the same interval speed , ie, the fastest swim lane should do a 1:45 interval or better (the rest interval is individual, not based on time after the last person is in)

5. Sprints 16 x 25

On 30 seconds (modify to 35 seconds for those who can not make 30)

6. Cool down 200 easy - Total = 3000