

## Thursday 9/15/16

8 x 100 @ 1:20 w/ Snorkel

5x

25 @ :35 DK UW

25 @ :35 DKOB, Hands at sides

5x

25 @ :35 DK w/ Board Fast

25 @ :35 Flutter w/ Board Fast

8 x 25 @ :30

o: Fly, DK to 5th line

e: choice

## Distance

2 x 100 @ 1:00

100 EZ @ 1:30

4 x 100 @ 1:00 (Some guys BK @ 1:10)

100 EZ @ 1:00

6 x 100 @ 1:00

100 EZ @ 1:30

8 x 100 @ 1:00 (Some guys BK @ 1:10)

100 EZ @ 1:30

10 x 100 @ 1:00

150 EZ

5x

3 x 25 @ :20 93%

1 x 25EZ @ :30

Band:

4x

75 @ 1:00

50 @ 1:00

25 @ 1:00

6 x 25 Work Breakout

**\*Mid-D/Sprint**

1 x 100 Free @ 1:00/1:05  
100 EZ @ 1:30  
2 x 100 @ 1:00/1:05  
100 EZ @ 1:30  
3 x 100 @ 1:00/1:05  
100EZ @ 1:30  
4 x 100 @ 1:00/1:05  
2 x 100 EZ @ 1:30  
3 x 100 @ 1:00/1:05  
100 EZ @ 1:30  
2 x 100 @ 1:00/1:05  
100 EZ @ 1:30  
1 x 100 @ 1:00/1:05  
100 EZ @ 1:30

\*Sprint/Breastroke went on 1:05

100 Swim/100 Kick Float

5x  
3 x 25 @ :20 93%  
1 x 25EZ @ :30 (Sprint's EZ 25 was on 1:00)

4x (Sprint)  
6 x (Mid-D)

75 @ 1:00  
50 @ 1:00  
25 @ 1:00

IM/BR = 75 Back/50 Breast/25 Fly  
Free = 75 Free/50 Back/25 Fly

6 x 25

6 x 25 Work Breakout

## Monday 10/24/16 AM

8 x 100 Free @ 1:25 w/ Snorkel

Fins:

2x

4 x 50 @ :45 Flutter Kick

4 x 25 @ :30 DKOB, Hands at sides

4 x 25 @ :30 DK w/ Board Fast!

EZ 50 @ 1:00

### Distance

800 Free @ 8:40

6 x 25 Fly @ :25

600 Free @ 6:30

6 x 25 Fly @ :25

400 Free @ 4:20

6 x 25 Fly @ :25

200 Free @ 2:10

6 x 25 Fly @ :25

2x

3 x 100 Free @ 1:20 (4-6 DK's/wall, go :56-58)

4 x 50 Fly @ :50 Breathe 1 Up/1 Down

2 x 50 @ 1:00 EZ

### Mid-Distance

3x

300 Free @ 3:30

4 x 50 @ :45 Back or Free (or Breast @ :50)

4 x 25 @ :25 BK = Spin, Free = Head Up, BR = 4 pulls/2 strokes

EZ 50 @ 1:00

3x

2 x 100 Free @ 1:20 (4-6 DK's/wall, go :58-1:02)

2 x 100 Free @ 1:30 (go :56-58) or Back @ 1:30 (under 1:00) or Breast @ 1:30 (1:08-1:12)

2 x 50 @ 1:00 EZ

### Sprint

3x

300 @ 3:45

4 x 50 @ :50 Free - 5-6 DK's go :26's, Breast = Drill

4 x 25 @ :30

Free = Head Up Swim

Breast = Choice Drill

EZ 50 @ 1:00

3x

Fins:

4 x 50 Free - 2 Breathes per 25, go :28-29

4 x 25 Breaststroke Pull @ :25

2 x 50 @ 1:00 EZ

**Tuesday 11/1/17**

**Main Group**

600 (100 Free - 100 Back - 100 Free - 100 Breast - 100 Free - 100 Drill)  
450 (75 Free - 75 Back - 75 Free - 75 Breast - 75 Free - 75 Drill)

Kick:

200 @ 3:30

2 x 100 @ 1:40

4 x 50 @ :45

3 x 100 Free @ 1:20 Dec 1-3 (No one under :55)

EZ 50 @ 1:00

4 x 50 @ 1:00 Choice, get warmed up

4 x Broken 300's in 3 Heats (about 10 min between each)

150 @ 1:50 (2:00 Breast)

3 x 50 @ :45 (:50 Breast)

Dec Rounds 1 - 3, Hold #4

Start Strong on Round #1

Flyers can swim free on the 150 for rounds 1 & 2

200 EZ between each round

C/D

## Distance

400 @ 4:40 + 200 Kick  
300 @ 3:30 + 200 Kick  
200 @ 2:20 + 200 Kick  
100 @ 1:10 + 200 Kick

2x  
4 x 100 @ 1:10  
4 x 25 Fly @ :30  
EZ 50 @ 1:00

4 x Broken 500's in Heats

200 @ 2:20  
2 x 100 @ 1:10  
2 x 50 @ :45

Dec Rounds 1 - 4 to Fast!

200 Swim/100 Kick between each round

## Notes

Round #4  
Clark Smith/Townley Hass/Jeff Newkirk

1:40.6/1:41.7/1:44.0  
49.4/50.1/50.7  
49.5/50.1/51.2  
23.3/24.1/24.3  
22.6/23.5/23.9

Clark = 4:05.3  
Townley = 4:09.5  
Jeff = 4:14.1

**Friday 11/11/16 (Upperclassmen) & Saturday 11/12/16 (Underclassmen)**

4 x 200 Swim @ 2:40  
4 x 150 Kick @ 2:20  
4 x 100 IM @ 1:40

**Sprint/Mid**

4 x 50 @ 1:00 Prime D-S x 25  
6 x 25 @ :40 Dec 1-3 (x2)

**Freestyle Group**

5 x 50 @ :35  
100 EZ @ 3 +  
4 x 50 @ :33  
100 EZ @ 3+  
3 x 50 @ :31  
100 EZ @ 3+  
3 x 50 @ :30  
100 EZ  
3 x 50 @ :29  
100 EZ  
3 x 50 @ :28  
100 EZ  
... Continue until you fail

Breaststroke Group does 5 x 50 @ :40, 4 x 50 @ :38, 3 x 50 @ :36... then drops 1 sec each round

Fly/Back do 5 @ :36, 4 @ :34, 3 @ :32... then drops 1 sec each round

\*\* Always round 100 EZ to leave on the top

**Distance**

5 x 100 @ 1:00  
100 EZ @ 3:00  
4 x 100 @ :58  
100 EZ @ 3:08  
3 x 100 @ :56  
100 EZ @ 3:12  
3 x 100 @ :55  
100 EZ @ 3:15  
3 x 100 @ :54

... Continue until you fail

Clark Smith did 3 x 100 @ :53... did a 150 EZ @ 5 then finished on 3 x 100 @ :52 (:49/51.0/50.)

**Tuesday 2/7/17 PM Practice (15 Days out from Big 12's)**

**Sprint/Mid W/U**

6 x 100 @ 1:40 50 Free- 50 Drill  
300 Kick - no interval

Fins: 12 x 25 @ :40  
o: Fly Kick Fast!  
e: Choice

Get Yourself Warmed Up for what you're doing (10-15 min.)

**Big 12 Taper Group - Sprint**

3 x 50 Fast @ 1:30  
EZ  
2 x 50 Fast @ 2  
EZ  
1 x 50 Fast

**Big 12 Taper Group - Mid/Some NCAA Taper Guys**

4 x 50 Fast @ 1:30  
EZ  
3 x 50 Fast @ 1:45  
EZ  
2 x 50 Fast @ 2:00  
EZ  
1 x 50 Fast

**NCAA Group - Mid**

4 x 100 @ 2:00 Prime (Jack Conger 51's Fly)

EZ

4-6 x 50 Fast (but not max)

**Big 12 400 IM Group**

8 x 50 @ 1:00 2 each stroke - Broken 400 IM  
EZ  
4 x 50 @ 1:00 Broken 200 IM

## Clark Smith Practice

8 x 100 @ 1:30  
300 Kick

Fins: 12 x 25 @ :40  
o: Fly Kick Fast!  
e: Choice

3 x 100, 4 x 50 on your own.... get warmed up

16 x 100 @ 1:45  
Hit under :52 to a flip + 50 EZ

EZ

3 x 50 @ 2:00 200 Pace

4 x 300 @ :10 rest  
3 x 200 @ :10 rest  
2 x 100 @ :10 rest

## **Tuesday 3/7/17 (15 Days to NCAAs)**

These two guys had class conflicts on Tuesdays, so they did their main workout in the AM. I thought it would be cool to show the flexibility college programs need to have sometimes and the individual responsibility of the athletes to train at a high level on their own.

### **Joseph Schooling**

Meet Warmup

6 x 50 Fly from a push w/ Tech Suit

1 @ 1:00

2 @ 1:15

3 @ 1:30

21.7/22.5/22.2/22.3/22.0/21.9

C/D

### **Jonathan Roberts**

12 x 100

1 Free @ 1:20

1 IM @ 1:30

1 Kick @ 1:40

Fins:

4 x 25 DK w/ Board

4 x 25 DK UW

4 x 25 DKOB

4 x 25 DK UW

All @ :30

Aerobic Maintenance (Free)

\* Hold 1:00 base per 100 for all

200 @ 2:15

2 x 150 @ 1:45

3 x 100 @ 1:10

2 x 150 @ 1:45

3 x 100 @ 1:10

2x

4 x 25 Fly @ :35/:30

4 x 50 Back @ :55/:50

4 x 50 Breast @ 1:00/:50

Rd 1 = Swim with Band

Rd 2 = Swim

C/D