

WORKOUT SCHEDULE

November & December 2007

WEEK 1: (Nov. 5, 19, Dec. 3, 17, 31)

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>
Main Set	Main Set	Main Set	Main Set	
Non-free & free mix Mid. Dist.	Long Dist. 400 - 600's	Free. Int. Short Dist	50's - 150's Speed/Sprint	Mix

WEEK 2: (Nov. 12, 26, Dec. 10, 24)

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>
Main Set	Main Set	Main Set	Main Set	
Long Dist. (300 - 600's)	50's - 150's Speed/Sprint	Free Int. Mid. Dist	Non-free & Free mix Mid. Dist.	Mix

Saturdays (Nov. 10, 24, Dec. 8, 22) Sat. (Nov. 17, Dec. 1. 15. 29)

Freestyle Intensive
Short/Middle Dist.

Freestyle Intensive
Long Dist (300 - 700's)

Sundays

Start with more freestyle - progressive warm-up set
Mixed strokes and kick sets for the rest of workout

* All swimmers can change the focus of the workout by doing more or less yards within the sets and within the intervals. For example, those that would rather sprint on a day when the main focus is longer swims, reduce the yardage of each swim to get more rest and focus on sprinting. Chat with the coach to help one out with their focus for the day and for the season.