

DYNAMIC WARM-UP

FOAM ROLLER: Thoracic Spine Extensions w/Foam Roller
10 Regular Leg Swings/10 Lateral Leg Swings - 1:00 Jump Rope
1:00/:45/:30 Jump Rope with :15R
15 Hip-Flexor Leans – Arms Extended Above Head
10 Regular Crunches + 10 Alt Leg Lifts
10 Arm Swings – Each Arm/Each Direction
Flying “Ws” + Monkey Swings/Speed Skater
External Row – Squeeze the Scaps and Rotate Up



TUESDAY, JANUARY 7, 2020

LAST WORKOUT IN FL

A10 MEET: 42 DAYS

WARM-UP: 300 SWIM – UNDERWATER TURNS AT FAR END – SHORT OR LONG AXIS
A-1/2 3 X 100 PULL – 75 BUILD + 25 PDOWNS @ :15R – P/B/S/ST @ :15R
1600 3X: [25 RP! BO → 50 RP! TURN → 25 RP! FINISH] @ :15R
3 X 100 FREE – DESC TO 6BBM – INTERVAL IS HR + GO!
6 X 50 KICK w/BOARD – DESC AS 2 MOD / 2 BUILD TO BLAST / 2 BLAST @ :50
100 DAB/EZ

SET1: 2 X 100 FREE – 8BBM @ 1:20
A-2/3 2 X 50 PRIME – BUILD EACH @ 1:00
S-1 4 X 25 AS #1-3) RP! FINISHES; #4) RP! BREAKOUT + 3 CYC WINDMILL @ :30
1800

3 X 100 FREE – 7BBM @ 1:20
4 X 50 PRIME – #1) KICK; #2) BUILD; #3) 200P; #4) EZ @ 1:00
4 X 25 AS #1-3) RP! FINISHES; #4) RP! BREAKOUT + 3 CYC WINDMILL @ :30

4 X 100 FREE – 6BBM @ 1:20
6 X 50 PRIME – DESC 1-3, 4-6 TO 200P @ 1:00
4 X 25 AS #1-3) RP! FINISHES; #4) RP! BREAKOUT + 3 CYC WINDMILL @ :30

SET2: 24 X 50 BEST AVERAGE @ 1:00
CS/ANC -MATCH LAST YEAR’S AVERAGE
1200 -IF YOU MISS – SKIP ONE AND GET BACK ON IT
-ONLY “MAKES” COUNT TOWARD 24
-EVERYONE COMPLETES 24 X 50s
-EACH MISS = 1 X 75 STR AT 200P AFTER SET
-MULTIPLE STROKES DONE IN SERIES OF 6
-IM: 2 FL/BK/BR X4

C-DOWN: 150 → 100 → 50 – DESC TO 8BBM
600 4 X 25 FLUSH KICK
4 X 25 FLUSH SWIM
100 EZ

10	9	8	7	6	5	4
RP – BK	KS – FL/BK	AC – BK	EP – IM	MFo – IM	DA – IM	JT-FL
LZ – FR	SM – FR	GO – FR/BK	AH – FL/BK	MB – FLBKFR	PCD – FL/FR	YR-IM
MBi – FL	CC – BR	IP – IM	JT – IM	AJ – IM	SCOOT – IM	EV - BR
				IB – BK		

10	9	8	7	6	5	4	3	2	1	0	-1
RP – BK	KS – FL/BK	AC – BK	EP – IM	MFo – IM	DA – IM	JT-FL	TK – FL/FR	MF – FR	ZH – FR	OM – FR	BC – FR
LZ – FR	SM – FR	GO – FR/BK	AH – FL/BK	MB – FLBKFR	PCD – FL/FR	YR-IM	HC – IM	JL – IM	DH – IM	SB – FR	IM – FR
MBi – FL	CC – BR	IP – IM	JT – IM	AJ – IM	SCOOT – IM	SP – IM	AM – IM	GA – FR/BK	MM – FR	EM – FR	BB – FR
				IB – BK	TL – IM	MBr – FR	EV – BR				

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3 X 100 FREE – 7BBM @ 1:20
4 X 50 PRIME – #1) KICK; #2) BUILD; #3) 200P; #4) EZ @ 1:00
4 X 25 AS #1-3) RP! FINISHES; #4) RP! BREAKOUT + 3 CYC WINDMILL @ :30
4 X 100 FREE – 6BBM @ 1:20
6 X 50 PRIME – BEST AVERAGE – AS FAST AS POSSIBLE @ 1:00
4 X 25 FLUSH @ :30

*MULTIPLE PRIME STROKES = 3 AND 3
*IM = 2 EACH STROKE

SET2: 18 X 50 BEST AVERAGE @ 1:00
CS/ANC -MATCH 6 X 50s FROM SET 1
1200 -IF YOU MISS – SKIP ONE AND GET BACK ON IT
-ONLY “MAKES” COUNT TOWARD 18
-EVERYONE COMPLETES 18 X 50s
-EACH MISS = 1 X 75 STR AT 200P AFTER SET
-MULTIPLE STROKES DONE IN SERIES OF 6
-IM: 2 FL/BK/BR X4

C-DOWN: 150 → 100 → 50 – DESC TO 8BBM
600 4 X 25 FLUSH KICK
4 X 25 FLUSH SWIM
100 EZ

LANE	1	2	3	4	5
	TK – FL/FR	MF – FR	ZH – FR	OM – FR	BC – FR
	HC – IM	JL – IM	DH – IM	SB – FR	IM – FR
	AM – IM	GA – FR/BK	MM – FR	EM – FR	BB – FR
		MBr – FR	SP – IM	TL – IM	

10	9	8	7	6	5	4	3	2	1	0	-1
RP – BK	KS – FL/BK	AC – BK	EP – IM	MFO – IM	DA – IM	JT-FL	TK – FL/FR	MF – FR	ZH – FR	OM – FR	BC – FR
LZ – FR	SM – FR	GO – FR/BK	AH – FL/BK	MB – FLBKFR	PCD – FL/FR	YR-IM	HC – IM	JL – IM	DH – IM	SB – FR	IM – FR
MBi – FL	CC – BR	IP – IM	JT – IM	AJ – IM	SCOOT – IM	SP – IM	AM – IM	GA – FR/BK	MM – FR	EM – FR	BB – FR
				IB – BK	TL – IM	MBr – FR	EV – BR				