



# February 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 (5000 yds)</b> 200 (c, b, br, f, IM) 6 X 100 k (50 c /50 st) (25,50,75,100) each stroke 8X 150 P (20 sec. RI) 6 X 75 (25 X 3 strokes) 6 X 75 D, 300 cool down	<b>2 (3500 yds)</b> 200 s,k,p,s 6 X 125 c (20sec.RI) 200 B-k, 200 br-P 8 X 75 (odd-c,even-st) 2X400 P(breathe 3-5 by 100)*1 150 cool down	<b>3 (3500 yds)</b> 4 X 100 s, 4 X 100 d, 4 X 50 k 500, 400,300,200,100 c (RI=15/100) 8 X 50 k (RI = 10) 8 X 50 s (25 st./25 c) 200 cool down	<b>4 (3500 yds)</b> 25-50-75 d (each stroke) 4 X 50 c (count strokes) 12 X 50 c (descend by 3) 800 k choice 3 X 300 P (alternate breathe) 12 X 25 ch (des.by 3), 100 EZ	<b>5 (3000 yds)</b> 300c,150d, 200s,150d 6 X 150 c (work 2nd 50) 8 X 100 (50k/50s) 2 each stroke 6 X 50 c descend each one 200 cool down	<b>6 (3500 yds)</b> 300 s, 200 k, 200 d 8 X 75 (50c/25st) 20 RI 3 X 200 P (descend each one) 6 X 75 (25k, 25d, 25s) 10 RI 200 IM, 4 X 100 IM 4 X 100 c, 150 cool down	<b>7 (3000 yds)</b> 300 ch s 3 X(3X 50 st des. ,100 c EZ) 200-150-100 br P 8 X 50 K, 8 X 25 no breathing 12 X 50 c (5 sec. RI) 300 d cool down
<b>8 (5000 yds)</b> 200 s,k,p,s 3 X 400 c descend (1 min RI) 500 k w/fins 3 X 300 c descend (1 min RI) 400 k w/fins 3 X 200 ch (1 min RI), 300 k 3 X 100 cool down	<b>9 (2000 yds)</b> 6 X 100 (50d, 50 s) 4 X 125 (75 st, 50c) 3 X 200 c EZ count strokes 200 k 100 cool down	<b>10 (3000 yds)</b> 500 ch, 300 k 4 X 125 IM *2 10 X 100 P 6 X (25-50-75) RI 5 per 25 yds RI = 45 after 150 250 cool down	<b>11 (5000 yds)</b> 200 s,k,p,s 8 X 100 (50d 50s) 6 X 200 P (50c,100st,50c) 600 k (150 b,br,f,c) 8 X 50 (2 each st), 6 X 50 d 6 X 100 c (20 RI) 300 ch cool down	<b>12 (2000 yds)</b> 1000 EZ s w/fins 1000 EZ K w/fins	<b>13 (3500 yds)</b> 4 X 150 (50k,50d,50s) 3 X 200 c descend 4 X 250 IM progression *3 (200,150, 100, 4X 50 k) 2 X 300 p 50 EZ	<b>14 (3000 yds)</b> 2 X 500 ch 2 X (4 X 50 st 10 RI, 200 EZ c) 4 X 75 k 4 X 200 p 100 EZ
<b>15 (5000 yds)</b> 400 s 2 X 500 (75s,50k) 2 X 400IM (50d, 50s) 5 X 200 p 6 X 100 des 1-3 4-6 4 X 50 IM order 800 k w/fins, 200 EZ	<b>16 (2500 yds)</b> s (200c, 150b, 100br, 50f) k (200c, 150b, 100br, 50f) d (200c, 150b, 100br, 50f) p (200c, 150b, 100br, 50f) 500 choice	<b>17 (4000 yds)</b> 200 c,s,d 500 s, 5X100 fast 400 s, 4 X 100 fast 300 s, 3X 100 fast 200 s, 2X 100 fast 100 s, 100 fast, 4X50k, 200EZ	<b>18 (4000 yds)</b> 500c w/fins EZ, 500 ch 10X50 (25d,25s) 2X250, 2X200, 2X150 2X100, 2X50 c 800k fins optional 200 cool down	<b>19 (3000 yds)</b> 600 ch 6X75 (25k,25d,25s) 6X75 (50st,25EZ) RI 15 6X75 (25st,50E) RI 15 200 d, 5X150p 100 EZ	<b>20 (2000 yds)</b> 200 s,k,p,s 400c, 300d, 200IM, 100 fast 200 cool down	<b>21 (4000 yds)</b> 800 ch 12 X 100 (des. By 3) 300 br p, 300 br k 2 X 400IM (50d/50s) 12 X 25 k sprints 6 X 50 cool down
<b>22 (5000 yds)</b> 1000s w/fins, 300k w/fins 800s w/fins, 300 k w/fins 600s w/fins, 300k w/fins 400s w/fins, 300k w/fins 200s w/fins, 300k w/fins 100 s w/fins, 300 k w/fins 100 EZ no fins	<b>23 (2500yds)</b> 8 X 75 (25 k,d,s) 2 each st 4 X 150 p 12 X 50 s (des by 3) 5 X 100 IM 200 ch cool down	<b>24 (4000 yds)</b> 400s, 300d, 200k, 100s 10 X 100 (RI 15) hold pace 12 X 75 (25d,50s) IM order 4 X 150 k w/fins 12 X 25 IM order 200 ch cool down	<b>25 (4000 yds)</b> (4X100 c, 3X100b, 2X100 br, 100f) warm-up 8 X 50 st (25d,25s) (2X50, 2X100, 2X150, 2X200, 2X150, 2X100, 2X50) p 8X100 k (odd c/even ch), 200ez	<b>26 (3000 yds)</b> 5 X 200 (150s/50k) 4X150 (50EZ/100H/50EZ) 16X50 (25 st#1, 25 st#2) 300 k 300 d cool down	<b>27 (3500 yds)</b> 300s, 200k, 300s 8X150 (50 d/ 100st) RI 30 100 EZ 400,300,200,100 p 6X50 ch on 1:00 100 EZ	<b>28 (5000 yds)</b> 1000 ch 6 x(25 RI 5, 50 RI 10, 75 RI 15) 6 X 100 k, 6 X 100 d 8 X 75s (odd c/ even st) 3 X 500 p 100 EZ
<b>29</b> <i>Spare Day</i>	Key c = crawl b = back br = berast f = free IM = individual medley EZ = easy, des=descend in time	k = kick p = pull st = best stroke s = swim RI = rest interval d = drill ch = choice H=hard	*1 For the first 100 breathe every 3rd stroke, second 100 breathe every 5th stroke, 3rd 100 every 3rd, & 4th every 5th stroke. *2 Each 125 includes a 50 of one st & 25 of the rest. Alt. 50's	*3 4 X 250 IM 1=25f,50b,75b,100c 2=25b,50br,75c,100f 3=25br,50c,75f,100b 4=25c,50f,75b,100br		