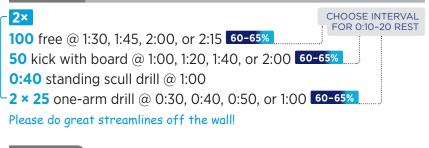
WEEK **2-2**

PURPOSE: Incorporate feel and high-elbow catch drills throughout swim sets as a reminder that these are vital elements of the swim stroke.

WARM-UP



MAIN SET

 $2 \times$
 5×100 free, descend 1–5 @ 1:40, 1:50, 2:00, or 2:15.

 1st 100 60-65% \rightarrow 90-95% by 5th 100

 100 easy @ 1:40, 2:00, 2:20, or 2:40 60-65%

 50 catch-up drill / 50 swim

 2×25 free @ 0:35, 0:40, 0:50, or 1:00 90-95%

 -0:30 standing scull drill @ 1:00

Make sure you hold the water on the fast parts of this set. Don't spin your wheels!

25 moderate 70-75% / 25 fast 90-95% / INTERVAL F 25 moderate 70-75% / 25 fast 90-95% / 0:15-25 Ri INTERVAL F S moderate 70-75% CHOOSE INTERVAL CHOOSE INTERVAL 5 × 50 free @ 0:35, 0:45, 0:55, or 1:10 85-90% CHOOSE INTERVAL FOR NO MODIL Choose an interval that's really tough. This isn't a descending set; it's strong and fast all the way. Challenge yourself! 100 easy @ 1:40, 2:00, 2:20, or 2:40 60-65% CHOOSE INTERVAL 50 catch-up drill / 50 swim 2 × 25 free fast @ 0:40, 0:50, 1:00, or 1:15 90-95% O:30 standing scull drill WARM-DOWN 100 easy 60-65% TUBING SET			
25 moderate 70-75% / 25 fast 90-95% / 25 moderate 70-75% BONUS SET 5 × 50 free @ 0:35, 0:45, 0:55, or 1:10 85-90% CHOOSE INTERVALY FOR NO MO THAN 0:05 RE CHOOSE an interval that's really tough. This isn't a descending set; it's strong and fast all the way. Challenge yourself! 100 easy @ 1:40, 2:00, 2:20, or 2:40 60-65% CHOOSE INTER FOR 0:20-30 R 2 × 25 free fast @ 0:40, 0:50, 1:00, or 1:15 90-95% CHOOSE INTER FOR 0:20-30 R 0:30 standing scull drill WARM-DOWN 100 easy 60-65% 1:00-1:30 REST BETWEEN SI 4× 1:00-1:30 REST BETWEEN SI	КІСК ЅЕТ		
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50 catch-up drill / 50 swim 2 × 25 free fast @ 0:40, 0:50, 1:00, or 1:15 90-95% FOR 0:20-30 R 0:30 standing scull drill WARM-DOWN 100 easy 60-65% TUBING SET 1:00-1:30 REST BETWEEN SI 15-20 full pulls 1:00-1:30 REST BETWEEN SI	descending set; it's strong and fast all the wo	ay. Challenge	yourself!
0:30 standing scull drill WARM-DOWN 100 easy 60-65% TUBING SET -4× 1:00-1:30 REST BETWEEN SI 15-20 full pulls			
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TUBING SET - 4× 1:00-1:30 REST BETWEEN SI 15-20 full pulls	WARM-DOWN		
- 4× 1:00-1:30 REST BETWEEN SI 15-20 full pulls	100 easy 60-65%		
15–20 full pulls	TUBING SET		
	- <mark>4×</mark>	1:00-1:30 RES	T BETWEEN SI
5-10 triceps-only	15-20 full pulls		
	5–10 triceps-only		

TOTAL: 2100 (2500 with bonus set) + tubing