

Wednesday May 5, 2021 OYO

Intro to Pacing

*Practices are written in the units of meters to measure distance.
At the McGill pool, 1 lap = 25 meters.

400 easy continuous (100 free/100 choice)

12x25	1 free Λ (streamline) kick	0:35+10/10s
	1 choice swim	0:30+10/10s

10x50	2 free swim easy	1:00+10/10s
	2 free swim fast	1:00+10/10s

10x100	1 free swim	1:40+10/20s
	1 choice no free swim	1:50+10/20s

2200m

*The intervals include the work AND the rest of each repeat. In other words, it means that the start of each repetition is one entire interval way from the next.

Friday May 7, 2021 OYO

Endurance + Technical

*As we head into our “in-season,” the technical aspects would usually be race-specific. This year is unique, so we will see various technical drills that will help our continued development long term.

400 easy continuous (100 free/100 choice)

12x25	1 free Λ (streamline) kick	0:35+10/10s
	1 free swim	0:30+10/10s

12x50	1 free drill (overkick)	1:00+10/10s
	1 free swim	1:00+10/10s

8x100	2 free pull (band, buoy, paddles)	1:40+10/20s
	2 free pull (band, buoy)	1:50+10/20s

2100m

*Pull is where we only use our upper body for propulsion. A band is a rubber piece that ties your ankles together. It is one of the single most valuable pieces of equipment that will contribute to our improvement in swimming. Make bands out of your popped tire tubes!

Sunday May 9, 2021 OYO

Long Endurance

*Practices are written in the units of meters to measure distance.

At the McGill pool, one lap = 25 meters.

400 easy continuous (100 free/100 choice)

8x100	1 free swim	1:40+10/20s
	1 choice no free swim	1:50+10/20s
6x200	1 free pull (band, buoy, paddles)	3:10+10/20s
	1 pull (band, buoy) (50 free/50 back)	3:20+10/20s

2400m

*The intervals include the work AND the rest of each repeat. In other words, it means that the start of each repetition is one entire interval way from the next.

