

3 Back Up John Jay workouts

Warm up: 300 FR / 200 IM DRILL / 100 K / 300 (25 BR / 25 FR / 25 FLY)

Pre Set:

14 x 50 (go when 3rd person in lane touches)

odds: 25 6-kick switch drill / 25 FR

evens: IM order

Main Set

5 x 100 FR 1:25 / 1:35 / 1:45 / 1:55 / 2:05

5 x 100 (25 fly fast / 75 free) 1:45 / add :10 per lane

1 x 100 Choice Fast 1:50 / add :10 per lane

Rest :30

4 x 75 FR 1:05 / add :10 per lane

4 x 75 (25 BR / 50 FR) 1:30 / add :10 per lane

1 x 75 Choice Fast 1:30

25 EZ :30

4 x 50 FR :45 / add :5 per lane

4 x 50 (25 fly / 25 FR) :50

1 x 50 Choice Fast :30

Post set:

100 (50 2 breaths / 25 build FR / 25 sprint stroke) 1:50

50 EZ 1:30

(repeat set until end of practice, total set takes 3:20 min)

3 Back Up John Jay workouts

Warm up: 300 FR / 50 K / 50 STR x2

200 Free 2:40/3:00/3:10/3:30/150@ 3:10 –
100 Stroke 1:40/1:50/1:55/2:00/ 75@2:00
2x50 Kick 1:00 / 1:05 / 1:10/1:20/1:25/
x2

Main Set

Lane 1-4

8x100 Free 3 Faster pace, 1 EZ -
Fast: 1:20/1:30/1:35/1:40
EZ: 1:45/1:55/2:00/2:05

4x50 Free Descend Time
1:00/1:05/1:10/1:15

Lane 5
6x100 Free
2 Faster pace, 1 EZ

Fast: 2:00
EZ: 2:30

3x50 Free Descend Time 1:30

Set#2

200 pull free 2:40/2:50/2:55/3:00/150@ 3:20
4x50 IM order (:50 / :55 / 1:00 / 1:05)
x2

Post Set

100 EZ
15 sec rest
4x25
Odd: 12.5 Under Water
Even: EZ
:30/:40/:45/:50/1:00
X3

3 Back Up John Jay workouts

Warm up: 300 FR / 200 IM DRILL / 100 K / 300 (25 BR / 25 FR / 25 FLY)

Pre Set:

14 x 50 (go when 3rd person in lane touches)

odds: 25 6-kick switch drill / 25 FR

evens: IM order

Pre-set:

9 x 50

3 - 25 UWD kick / 25 SW 1:10 / 1:15 / 1:20 / 1:25 / (last 6 only)

3 - SW / UWD kick 1:10 / 1:15 / 1:20 / 1:25 / (last 6 only) 1:40

3 - SW 1:10 / 1:15 / 1:20 / 1:25 / (last 6 only) 1:40

150 FR 1:50 / 2:10 / 2:25 / 2:40 / 100 (2:00)

100 IM 1:30 / 1:45 / 1:55 / 2:10 / 2:30

50 EZ 1:00 / 1:30-----

100 FR (Desc by each round to 100%) 1:30 / 1:40 / 1:50 / 2:00 / 2:10

50 EZ 1:00 / 1:30

X3 (1st time through 100 FR at 80%, 2nd time 90%, 3rd time 100%)

-----Rest 2:00-----

100 IM 1:30 / 1:45 / 1:55 / 2:05 / (50 IM) 1:30

75 FR 1:00 / 1:10 / 1:20 / 1:30 / 1:40

50 EZ 1:00 / 1:00 / 1:20 / 1:30 / 1:40

75 ST (Desc by each round to 100%) 1:00 / 1:00 / 1:20 / 1:30 / 1:40

50 EZ 1:30 / 1:30 / 1:55 / 2:00 / 2:00

X3 (1st time through 75 STR at 80%, 2nd time 90%, 3rd 100%)

Post set:

100 (50 2 breaths / 25 build FR / 25 sprint stroke) 1:50

50 EZ 1:30

(repeat set until end of practice, total set takes 3:20 min)