

# Costa Rica Swim Camp

Training Plan

Date

Jan 5-12, 2014

## Monday

### Day 1

| 7:30 AM - 105-120'                              |    | Dist | Time                                  | 4 PM - 60-75' |    | Dist | Time | Total KM |
|---|----|------|---------------------------------------|---------------|----|------|------|----------|
| Warm Up -12 x 50 Mixed Stroke                   | 6  | 15   | Warm Up - 4 x 150/100                 | 6             | 8  |      |      |          |
| Kicking 101 Skill or 6 x 50 Choice of Kick      | 3  | 15   | 400 Hot Board Kick - 3 p/lane         | 4             | 10 |      |      |          |
| 4 x 200 - build by 50s swim                     | 8  | 8    | 12/9 x 50 - BP 3/1, 5/2, 3/2 - R 15"  | 6             | 12 |      |      |          |
|   | 0  | 0    | Skill - Flip Turns                    | 0             | 20 |      |      |          |
| Boston Classic - 3 X 100/200/300 - fins on 300s | 36 | 60   | 12/9 x 50 - 2 Turn 50s - R 15 @ Flags | 6             | 12 |      |      |          |
|   | 0  | 0    |                                       | 0             | 0  |      |      |          |
|   | 53 | 98   |                                       | 22            | 62 |      |      | 75.00    |

## Tuesday

### Day 2

| 7:30 AM - 105-120'                              |    | Dist | Time   | 4 PM - 60-75' |    | Dist | Time | Total KM |
|---|----|------|--|---------------|----|------|------|----------|
| WUP - 3/2 X (100 Free / 2x50 Choice / 2 x 50 K) | 6  | 18   | Warm Up -800/600 - BP by 50s 3/2, 5/2        | 8             | 15 |      |      |          |
| 500 / 300 - BP by 100s 4/1, 3/2, 6/3 w/buoy     | 5  | 10   | Drills: w/coach 25s                          | 4             | 30 |      |      |          |
| Stretching w/ Coach                             |    | 10   | Foci - Drive deep/Push/Pressback/Release/Rec |               | 0  |      |      |          |
| 10 x 300/200 - Interval TBA                     | 30 | 55   | Widths - Under/Over w/Coach                  | 4             | 15 |      |      |          |
| 100 float                                       | 1  | 5    |  |               |    |      |      |          |
| 10/8 x 50 - 25E/25F                             | 6  | 15   |  |               |    |      |      |          |
|   | 48 | 113  |  | 16            | 60 |      |      | 64.00    |

## Wed

### Day 3

| 7:30 AM - 105-120'                         |      | Dist | Time                                   | 4 PM - 60-75' |    | Dist | Time | Total KM |
|--|------|------|--|---------------|----|------|------|----------|
| 12 x 50 - Drills                           | 6    | 15   | Warm Up - 1000/800 Focused Swim w/buoy | 10            | 30 |      |      |          |
| MS1 - 22/20 x 100 FR - IE, 2M, 1F - Effort | 22   | 36   | Skills w/ Coach - 50s                  | 7             | 30 |      |      |          |
| Stretching - w/coach                       |      | 15   | Timing, Catch, Breathing Head Position |               |    |      |      |          |
| MS2 - 3 X (5/3 x 50 Kick / 100 Easy)       | 16.5 | 27   |  |               |    |      |      |          |
| 4 x 50 Vanderby Sprints / 150 / 50 easy    | 2.5  | 10   |  |               |    |      |      |          |
|  | 47   | 103  |  | 17            | 60 |      |      | 64.00    |

|                           |  | 7:30 AM - 105-120' |   | Dist Time                                      |    | 4 PM - 60-75' |  | Dist Time |       |  |
|---------------------------|--|--------------------|---|--|----|---------------|--|-----------|-------|--|
| <b>Thursday<br/>Day 4</b> | 7/5 x 100 - 1E/1M / 6/4 x 50 - 25 Kick/25 Swim | 10                 |   | Wup: 2 X (6/4 x 50 Easy Swim / 2 x 50 Kick)    | 8  | 15            |  |           |       |  |
|                           | MS1: 4x500 - #1swim/2buoy/3kick 3rd 100        | 20                 |   | Skill:   |    |               |  |           |       |  |
|                           | Stretch  | 0                  |   | B - 6X(3x50 /1x100) - 2 Off 100s on last in/3' | 0  | 0             |  |           |       |  |
|                           | MS2: 3/2X(2x200/3x100/4x50)                    | 27                 |   | A - 22x100 -2 Off 100s - interval 2:15'        | 20 | 50            |  |           |       |  |
|                           | Bouy 200s/Fins 100s/1E1F 50s / 300 WD          | 3                  |   | Warm Down                                      | 2  | 5             |  |           |       |  |
|                           |  | 60                 | 0 |  | 30 | 70            |  |           | 90.00 |  |

|                         |  | 7:30 AM - 105-120' |    | Dist Time                                    |    | 4 PM - 60-75' |  | Dist Time |  |  |
|-------------------------|--|--------------------|----|--|----|---------------|--|-----------|--|--|
| <b>Friday<br/>Day 5</b> | Wup: 3X300/200                             | 9                  | 20 | Wup: 10/8 x 50 - easy / last 4 a skill focus | 5  | 0             |  |           |  |  |
|                         | Kick: 300 Social Kick - no fins            | 3                  | 12 |  | 0  | 0             |  |           |  |  |
|                         | MS1: 3X(2x300/200/1x100)                   | 21                 | 45 | Pyramide: 100/200/300/400/500 down           | 25 | 0             |  |           |  |  |
|                         | Kick: 300 Social Kick - Fins               | 3                  | 12 | Even - buoy / Odd - fins w/ BP 3/2, 5/2      | 0  | 0             |  |           |  |  |
|                         | MS2: 2/1X(3x50/2x150/3x50) - Technique 50s | 12                 | 30 |  | 0  | 0             |  |           |  |  |
|                         |  | 0                  | 0  | Widths w/ Coach                              | 2  | 0             |  |           |  |  |
|                         | 48   | 99                 |    | 32   | 0  |               |  | 80.00     |  |  |

|                           |  | 7:30 AM - 105-120' |   | Dist Time                           |    | 4 PM - 60-75' |  | Dist Time |       |  |
|---------------------------|--|--------------------|---|-------------------------------------|----|---------------|--|-----------|-------|--|
| <b>Saturday<br/>Day 6</b> | Warm Up -1000/800 fins                           | 10                 | 0 | Warm Up - 4 x 150/100               | 6  | 0             |  |           |       |  |
|                           | Kick - 300 Social Kick                           | 3                  | 0 | 10 minute Whistle Kick              | 4  | 0             |  |           |       |  |
|                           | 6/4 x 50 -Press back / Relaxed recovery          | 3                  | 0 | 2 X (200, 100 build, 2 x 50 sprint) | 8  | 0             |  |           |       |  |
|                           | 6/4 x 50 - Poise / Clean entry / Drive / catch   | 3                  | 0 |                                     |    |               |  |           |       |  |
|                           | 6/4 x 50 - Pull / push transition                | 3                  | 0 |                                     |    |               |  |           |       |  |
|                           | 14/12 x 50 - Build to med fast effort - no Equip | 7                  | 0 |                                     | 0  | 0             |  |           |       |  |
|                           | 200 easy   | 2                  | 0 |                                     | 0  | 0             |  |           |       |  |
|                           |  | 31                 | 0 |                                     | 18 | 0             |  |           | 49.00 |  |

|                         |   | 7:30 AM - 105-120' |   | Dist Time |   | 4 PM - 60-75' |  | Dist Time |  |  |
|-------------------------|---|--------------------|---|-----------|---|---------------|--|-----------|--|--|
| <b>Sunday<br/>Day 7</b> | 4 x 150 / 100                               | 6                  |   |           |   |               |  |           |  |  |
|                         | 8 / 6 x 50 Kick & drill                     | 4                  |   |           |   |               |  |           |  |  |
|                         | MSA: 16 x 100 - last 8 on a faster pace tme | 0                  |   |           |   |               |  |           |  |  |
|                         | MSB: 50 minute continuous swim              | 31                 | 0 |           |   |               |  |           |  |  |
|                         | 41  | 0                  |   | 0         | 0 |               |  | 41.00     |  |  |

WK Total

46,300

KM