

May 2012

Sunday	Tuesday	Thursday	Saturday
	1 Khosro/Marianne 25m Lanes long warm up, 2(4x125 IM follow with 4x100 fast free hard intervals, 4x50 fast kick)	3 Khosro/Marianne 25 metre lanes 10x100 free[1xfast, 1xEasy] follow with 6x 200m 2x free, 2xI.M. or Stroke, 2xFree There will be 2 hour for 2 lane workout	5 Marianne 50 metre lanes 2x400 free follow with 2x100 kick easy 2x350 free follow with 2x100 fly follow with 2x300 free follow with 2x100 back then follow with 20x50 mixed with all stroke hard intervals
6 Suzy 25 yards lane 2x{3x300m As 100 free,100I.M.O, 100 free follow with(4x50 ch @50,4x50@45,4x50@40, 4x50@35)}	8 Marianne/Khosro 25 metre lanes 2x{fast 8x75/50 I.M. Order no fins or pull some 4x100/75 fast kicking}	10 Marianne/Khosro 25 metre lanes 2x(fast 4x100/75 choice then 4x200 descending 1-4 free)	12 Marianne 50 metre lanes 2(6x50 fast, 2x150 Easy pull free,2x200 fast Stroke, 2x150 Easy pull) Follow with 6x100m kick descending 1-3 no fins EBSC AGM @7PM @VAC
2900-3900 yards	2300-3100m	2200-2800m	3400-4700 metres
13 Suzy 25 yards lane 2{(2x75 sprint follow with 4x75 Easy choice of swimmers) 4/5x50 as 25drills, 25 swim all four strokes follow with 6x25 sprint I.M.O}	15 Khosro/Marianne 25 metre lanes fast free and Back focuse on Turns and push off	17 Carl/Marianne 25 metre lanes Fast free and breast focuse on turns and push off	19 Marianne 50 metre lanes 4x sets of long distance on 300/350/400 free and follow with 10x50 fast I.M.O
2200m-3000 metres	2300-3000 metres	2000-2900m	3500-4900 metres
20 Suzy 25 Yards lane free and Fly drills and swim fins may be used	22 Marianne/Khosro 25 metre lanes all 100 IM swim moderate speed	24 Marianne/Khosro 25 metre lanes All Breaststroke mixed with some kicking no Fins	26 Marianne 50 metre lanes second beach 40x100 mixed
3000-4700	2000-2800m	2100-2900	4000-5000m
27 Suzy one hour 9-10am 50 m lanes (Second Beach) moderate free and IM	29 Khosro/Marianne 25 metre lanes The Set	31 Khosro/Marianne 25 metre lanes All stroke kick and some swim free	
2300-2900 metres	3000-4000	2200-2800	

Canadian National Kelowna

Reg = Regular workout lanes (usually lanes 1-4) **Dev** = Development lanes (usually lanes 5&6)
The Set = A more intense distance workout for the last Tuesday of the month