April 2012

Sunday	Tuesday	Thursday	Saturday
1 **Suzy** **50m Lane** Basic free and Breaststroke swim and drills **3000-4500 yards**	**3** **Khosro** **25 metre lanes** **The Set** **2800-4000 metres**	**5** **Khosro/Marianne** **25 metre lanes** sets of 125m Kick in all stroke fins may be used **2800 metres**	**7** **Marianne** **50 metre lanes** short warm up follow the main set with 3x{4x200m I.M. Order in all strokes follow with 4x100m Fast free, and 100 Easy} **3400m-5000m**
8 **Suzy/Khosro Masters 101** **50m Lane** Free and back hard intervals for slow lane fin may be used **3000-4600m**	**10** **Khosro/ Marianne** **25 metre lanes** Free and Breast hard intervals No Fins, No Pull Buoy **2400-3000**	**12** **Khosro/Marianne** **25 metre lanes** Free and Fly hard intervals Fins may be used **2400-3200**	**14** **Carl** **50 metre lanes** sets of 6x100mBack and Breast follow with 6x200m hard intervals and then 6x 100m kick no fins easy follow with 6x100m IM swim hard interval **3000-5000 metres**
15 **Suzy/Khosro Masters 101** **25 yard lanes** sprint sets of kicking fins may be used for development lane on all stroke mixed with choice swimming **3200-4800 yards**	**17** **Carl/Khosro** **25 metre lanes** All sets of Backstroke hard intervals follow with short freestyle recovery **2300-3000 metres**	**19** **Marianne/Khosro** **25 metre lanes** All sets of 125/100 Breaststroke hard intervals follow with choice sets of 75m easy. There will be 2 hour for 2 lane workout **2300-3000/5000 metres**	**21** **Marianne** **50 metre lanes** 100x50 on all stroke hard intervals fins may be used **3500-5000 metres**
22 **Suzy/Khosro Masters 101** **25 yard lanes** sets of 2x{6x200m as 1xFly, 1xFree, 1xBack, 1xFree, 1xBreast, 1xfree follow with 6x100m kick set no fins} hard intervals **3000-4100 yards**	**24** **Khosro/Carl** **25 metre lanes** **The Set** **3000-4000 meters**	**26** **Khosro/Ignacio** **25 metre lanes** Long distance swim in moderate intervals and some fast kick set. There will be 2 hour for 2 lane workout **2400-3000/5000 meters**	**28** **Marianne** **50 metre lanes** 2[8x200 follow with 6x50m fast follow with 3x100m Fly descending 1-3] **4000-5000m**
29 **Khosro** **25 yard lanes** Moderate 100's on all Stroke focuse on Turns and push off under water. **3200-4800 yards**			

BC Provincials Victoria

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*