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**WU:** 400 Free Stream Line past the Flags  
4 X 50 Free Drill @ 1:00  
300 Kick Streamline on Bk @ 6:00  
4 X 50 Bk Drill @ 1:00  
200 IM @ 3:00  
4 X 50 Free Uptempo Drill @ :45  
100 Free Build Under 1:10  
5 X 50 Bk Uptempo Drill @ :50  
1800

**Pre:** 3 X 400 Pull  
Dec 1-3  
  
1. W/snorkel @ 5:00  
2. Just Pad & Buoy  
3. Paddles Only

1200  
**3000**

**Pre:** 2 X  
3 X 100 Free  
  
1 @ 1:20  
2 @ 1:15  
3 @ 1:10

2 X 200 2:50  
STK

300 Free Under 3:30

2000  
**5200**

**Main:** 12 X 200 Broken  
3 X  
1. 200 All Out @ 4:00  
2. 2 X 100 w/:20 Sec Rest  
3. 4 X 50 w/:10 Sec Rest  
4. 8 X 25 w/:05 Sec Rest  
200 Ez BTW Rnds

Rnd 1 Free  
Rnd 2 STK  
Rnd 3 Choice

3000  
**8200**

**WD:** 4 X 100 @ 1:30 Free  
Breathing 3,4,5,6 by 25

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**Totals:** 8600

**Notes:**

**CC-** Coaches Call **STK** -Stroke  
**K-** Kick **P-** Pull **P/P-** Pull w/ Paddles  
**RIMO-** Reverse IM order **IMO-** IM order  
**DR-** Drill **BLD-**Build **U/H20-**Under H2O

Lanes:	1 & 2	3 & 4	5 & 6
<b>WU:</b>	400 Stream Line Feet Past Flags	400 SLFPF	400 SLFPF
<b>Pre:</b>	6 X 125 1:50/2:00 Odds Free Evens Rolling IM <u>750</u> <b>1150</b>	2:10	2:20
<b>Main:</b>	<b>4x: WILDCATS</b>		
	200 IM @ 3:00 Dec 1-4 70, 80, 90, 100%	3:10	3:15
	2 X 100 @ 1:15 Make cycle by 10 sec	1:20	1:25
	4 X 50 @ :45 All Out Odd Free Even Stroke <u>2400</u> <b>3550</b>	:45	:50
	500 w/ Paddles Hyp 5 @ 7:30 <u>500</u> <b>4550</b>	8:00	8:00
	10 X 50 @ :35 Make by 5 Sec Rest :20 Sec @ #5 <u>500</u> <b>5050</b>	:40	:45
<b>WD:</b>	2 X 200 Free 3:00 50 Drill/Swim	3:00	3:00
<b>Totals:</b>	<b>5450</b>		

**Notes:**

(CC-Coaches Call **FPF**-Feet Past Flags  
**K**- Kick **P/P**- Pull w/ Paddles  
**RIMO**- Reverse IM order **IMO**- IM order  
**DR**- Drill **BLD**-Build **U/H20**-Under H2O

Lanes:	1 & 2	3 & 4	5 & 6
<b>WU:</b>	200 Free 200 Back 200 Breast 200 IM	200 Free 200 Back 200 Breast 200 IM	200 Free 200 Back 200 Breast 200 IM
	800		
	6 X 50 Rotation Drill	1:15	1:20
			1:30
	<u>300</u>		
<b>1100</b>	20 X 25 Variable W/fins	0:30	0:30
	<u>500</u>		
<b>1600</b>	1. Ez/Fast 2. Fast/Ez 3. All Ez 4. All Fast	1. Ez/Fast 2. Fast/Ez 3. All Ez 4. All Fast	1. Ez/Fast 2. Fast/Ez 3. All Ez 4. All Fast
<b>Pre:</b>			
	PRE TEST	PRE TEST	PRE TEST
	3 X 100 FR ALL OUT	3 X 100 FR ALL OUT	3 X 100 FR ALL OUT
	3:00	3:00	3:00
	<u>300</u>		
<b>1900</b>			
<b>Main:</b>			
	12 X 75 FR 2 build 1 Fast 1 EZ	12 X 75 FR 2 build 1 Fast 1 EZ	8 X 75 FR 2 build 1 Fast 1 EZ
	1:15	1:15	1:15
	<u>900</u>		
<b>2800</b>			
	4 X 50 Stroke Dec 1-4	2 X 50 Stroke 1 X 100 Stroke	2 X 50 Stroke 1 X 100 Stroke
	1:00	1:05	1:20
	2 X 100 Stroke Up Tempo	2:10	2:40
	2:00		
	<u>400</u>		
<b>3200</b>			
<b>WD:</b>	200 EZ	200 EZ	200 EZ
	Starts/Turns	Starts/Turns	Starts/Turns

**Totals: 3400**

**Notes:**

CC- Coaches Call STK -Stroke  
K- Kick P- Pull P/P- Pull w/ Paddles  
HPY- Hypoxic Breathir U/T- Up Tempo  
RIMO- Reverse IM order IMO- IM order

FCA  
Mid Season  
Novice Workout

Lanes:	2 & 3	4	5 & 6
<b>WU:</b>	400 100 free 100 free K w/board 100 choice 100 choice K w/board	Same	Same
	400		
<b>Pre:</b>	200 IM DR 50 FL 3-3-3 50 BK should roll 50 BR br pull fr kick 50 FR 8 K fingerdrag	Same	Same
	<u>200</u> <b>600</b>		
<b>Main:</b>	5 x 50            1:15 Free Holding Best Avg 100 Ez	5 x 50            1:45	4 x 50            2:00
	2 x 100            2:45 IM Swim 100 Ez	2 x 100            3:30	2 x 100            4:00
	<u>550</u> <b>1150</b>		
<b>WD:</b>	8 X 25 Drill @ 1:00 Coaches Pick Drill	Same	Same

**Totals:**            **1350**

**Notes:**

**CC-** Coaches Call    **STK** -Stroke  
**K-** Kick    **P-** Pull    **P/P-** Pull w/ Paddles  
**RIMO-** Reverse IM order    **IMO-** IM order  
**DR-** Drill    **BLD-**Build    **U/H20-**Under H2O