

<b>Week 7 Focuses:</b>	<b>November 30-December 6</b>
<u>Monday- cardio focus</u>	dryland option: 20-40 min jog, or run 5:00/walk 2:00
	jump rope: 10 rounds of 1:00 ON, 15 pushups/30 situps
	(foam roll or stretch - see bottom for links)
	Ted Talk: Leadership: <a href="https://www.youtube.com/watch?v=hVCBrkrFrBE">https://www.youtube.com/watch?v=hVCBrkrFrBE</a>
<u>Tuesday- flexibility focus</u>	beginner Vinyasa Yoga: <a href="https://www.youtube.com/watch?v=9ZRvdbG54H4">https://www.youtube.com/watch?v=9ZRvdbG54H4</a>
<u>Wednesday- strength focus</u>	Coach Dan Lift program (weights or body weight program)
	Inward reflection: <a href="https://whatdriveswinning.com/conference-videos/person-player/">https://whatdriveswinning.com/conference-videos/person-player/</a>
	(video above for self reflection and how we view ourselves within athletics/team)
	(Foam Roll or Stretch - see bottom for links)
<u>Thursday- cardio focus</u>	Dryland option: 5 rounds of below
	1:00 Jumping Jacks or Jump rope, 15 pushups, 1:00 plank, 30 air squats,
	30 bicycle crunches, 10 lunges (each side), :30 plank, 10 supermans
<u>Friday- flexibility/mindfulness</u>	Mindfulness meditation: <a href="https://www.youtube.com/watch?v=ZToicYcHI0U">https://www.youtube.com/watch?v=ZToicYcHI0U</a>
	Foam Roll of stretch (see links at bottom)
<u>Saturday- strength focus</u>	Coach Dan Lift program
	(Foam Roll or Stretch - see bottom for links)
<u>Sunday (social justice reflection)</u>	Video Recording of Dr. Kendi (recent virtual discussion hosted by Harvard):
60 min	Discussion reflects on social justice during COVID-19 and impact on higher Ed
	<a href="https://www.youtube.com/watch?v=j69g5WI0HTA">https://www.youtube.com/watch?v=j69g5WI0HTA</a>
	(this video was shared with all Tufts faculty and staff)
FOAM Roll (10 min)	<a href="https://www.youtube.com/watch?v=snZn8hLmDG4">https://www.youtube.com/watch?v=snZn8hLmDG4</a>
Post Workout stretch (10 min)	<a href="https://www.youtube.com/watch?v=Olww1jSfnsM">https://www.youtube.com/watch?v=Olww1jSfnsM</a>

Monday, Nov 30	Sprint/Distance – FS focus (Kick 10 min)							
	interval	time	distance					
10 minutes choice (at least 100 kick/100 stroke)		10	700					
<b>2 rounds</b>								
3 x 50 drill/swim	:50	6	300					
3 x 50 - 3 breaths total	1:00	6	300					
4 x 50 kick descend w/ interval	:55/:50/:45/:40	8	400	(30/1700)				
<b>Shorter</b>					<b>Longer</b>			
4 x 75 - 25 kick/50 build to fast finish	1:15	5	300		4 x 100 - neg split	1:15	5	400
4 x 25 - odds: build evens: race	:30	2	100		3 x 150 - hold HR 27	1:45	6	450
2 x 100 kick - race	1:45	4	200		2 x 200 - hold HR 29	2:30	5	400
1 x 200 - 3rd & 7th no breath	3:00	3	200		12 x 50 - 4 @ HR 27/4 @ HR 29/4 @ HR 31	:40 or :45	9	600
2 x 100 kick - faster than first 2	2:00	4	200					
4 x 25 - v.sprints	:30	2	100					
4 x 75 - 25 no breath/rest 5/50 stroke descend to race	1:15	5	300	(55/3100)				(55/3550)

	Tuesday, Dec 1						
	Stroke/Distance FS						
	1x200 loosen	:20 rest	3	200			
	3x100 kick descend with interval	1:50, 1:40, 1:30	5	300			
	1x300 IM by k, dr, swim	:20 rest	4.5	300			
	1x300 IM by dr, swim, swim	:20 rest	4.25	300			16.75 1100
	Distance				Stroke		
	4x100 15k-1pull with snorkel, descend to fast	1:25	5.66	400	3 rounds- 1st round all at HR 23, 2nd at HR 25, 3rd at HR27		
	6x50 HR 25	:50	5	300	4x50	:50/:55 (br)	10 600
	3x300 1) pull 2) Neg split HR 25/27 3) HR 27	3:35/3:50	11.5	900	2x100- fly go 25 R, 25 L, 50 swim	1:20 (fr)/1:25 (bk/fly)/1:35 (br)	8.5 600
	3x450 1) pull 2) Neg split HR 25/27 3) HR 27-28	5:20/5:40	17	1350	1x200- back/free/breast= 200 straight	2:30/2:40/3:00	8.25 600
					fly= 50 free, 50 fly		
			56	4050	1:00 rest		3
					1x200 recovery	1:00 rest	3.5 200
					4x37.5 RACE (rest of the 50 is choice smooth)	1:15	5 200
							55 3300

	Wednesday, Dec 2	IM/Middle FS		
1)	Warmup: 10 Min Swim			
	150 FS w/UW turns, 2 x 25 NB, 100 Kick, 100 IM, 50 DAB		10	650
2)	16 x 75 (4 x75 each stroke - Rev. IM order)	1:10	20	1200
	1) K-Swim-K			
	2) Swim-Scull - Swim			
	3) K-Drill-Swim			
	4) Swim-K-Swim			
3)	<b><u>Middle FS or IM</u></b>			
	<u>Middle FS (3-4 rounds of set below depending on time available - 1:00 rest between rounds)</u>			
	1 x 200 FS (B3-5 by 50) - pull option	3:00	9	600
	4 x 75 FS (pace or descncd)	:55/1:00	12	900
	(sprinters go 4 x 50 under-over CH.... over descend)			
	<u>IM (2-3 rounds depending on time you have)</u>			
	4 x 100 (75 IMO - 25 FS) ... 75 @ HR 27	1:20		
	1 x 300 IM (descend by round)	4:30		
	(*75s should be straight FL, BK, BR, FS by 100)			
	EZ 200-300 cooldown		5	200
			56	3550

Thursday, Dec 3	Stroke/Distance FS - (Kick 20 min)								
	interval	time	distance						
300 free	5:00	5	300						
4 x 75 - 50 kick/25 over kick	1:15	5	300						
300 im - k/dr/sw	5:00	5	300						
4 x 75 - 25 build/50 HR 25	1:15	5	300						
300 free - build by 75	4:00	4	300	(24/1500)					
<b>Longer</b>					<b>Stroke</b>				
6 x 100 descend 1-3 & 4-6, HR 24/26/28	1:10/1:15	8	600		2 rounds				
3 x 200 descend HR 26/28/30	2:20/2:30	8	600		2 x 100 - 1 buiild, 1 50 build/50 race	1:45	8	400	
1 x 600 race	goal 6:05/6:30	7	600		2 x 50 kick - 25 HR 22/ 25 HR 28	1:00	4	200	
					2 x 50 - 25 w/ 1 breath/25 race	1:15	5	200	
6 x 50 warm down	:40/:45/:50/:55/1:00/	6	300	(53/3600)	2 x 100	1:45	8	400	
					fast first 12.5, middle 25 & last 12.5				
					1 x 50 OTB - round 1 - 37.5 race	1:00	2	100	
					round 2 - 50 race				
					1 x 50 easy	2:00	4	100	(55/2900)



	Saturday, Dec 5			
1)	Warmup- 10 Min Swim			
	(150 FS - 150 stroke (scull-swim) - 50 DAB)		10	650
2)	<u>2 rounds of set below</u>			
	1 x 200 stroke (25 Kick - 25 Swim)	3:00	6	400
	1 x 150 FS (50 Kick - 25 Swim)	2:30	5	300
	1 x 100 stroke (25 Kick - 25 Swim)	1:30	3	200
	1 x 50 FS (25 UW Kick - 25 Swim)	1:00	2	100
3)	5 x *		30	2000
	*= choose your set below			
	Distance = 400 @ 5:00/5:20			
	(1= Pull - find rhythm, 2=swim neg split HR 24/27, 3= Pull same,			
	4= neg split HR 26/29, 5= straight swim HR 29+			
	Stroke/middle FS = 100 FS build @ 1:20			
	1 x 75 (50 Drill/25 Swim) @1:15			
	2 x 50 @ 200 pace @ :35/:40/:45/:50			
	3 x 25 Race :20/:25/:30			
	:extra :30 R			
	SPRINT = 1 x 200 FS B5 (pull option) 3:00			
	1 x 50 Drill/Build 1:00			
	4 x 25 (2 RACE, 1 EZ, 1 RACE) :40			
	(race= NB FS or FL, BK/FL=15 M KOs)			
	(note: go rounds 4 and 5 w/ FINS)			
4)	EZ 200 cooldown		4	200
			60	3850