

Warm-Up:

400 Swim 8:00

400 IM Kick-Right-Left-Swim 6:40

400 Pull or Swim 6:00

10 x 50 Free on 1:00 Odd Drill

Even 15m Sprint Head up-20m DPS-15m Sprint prone kick

BREAST:

18 x 25 Sprint Pull w/paddles 6 Flutter/6 Buoy/6 Dolphin :40

5 x 200 1. 100 2K-1P/100 DPS > 2. N/S Swim w/DbI pullouts 3:45/3:15?
3. 100 PKG 3-2-1/100 DPS > 4. N/S Swim w/DbI pullouts
5. 4 x 50 35m Sprint-15m EZ 1:00

150 Hard Kick Board/Back/Spear > 1:00 Vertical Kick

150 Hard Kick Board/Back/Spear > 2:00 Vertical Kick

150 Hard Kick Board/Back/Spear > 3:00 Vertical Kick

150 Hard Kick Board/Back/Spear

BACK:

400 50 Dbl Arm/50 R-L/50 Catch-up/50 DPS

7:00

2 x 200 Pull Build

3:00/3:15

4 x 100 Swim Descend **1:30/1:35**

4 x 100 PF 75 Drill-25 DPS Hesitation/3R-3L/Dbl Arm/Catch up **1:40**

2 x 200 PF Negative Split Swim **2:50/3:00**

1 x 400 PF Hard Swim

50 EZ > 10 x 20m Sprints with start, underwater and breakout

FLY:

300 Kick on side/Drill by 50s

6 x 200s 3 with P & F/3 Without

1. 50 Right reg./50 3R-3L idle arm down **3:20/3:40**
2. 50 R-L/50 Swim, alternate idle arm in front and arm down **3:10/3:20**
3. Negative Split **3:00**

18 x 50 2 Fast Kick/1 25 Sprint-25 EZ 1:00

SPRINT FREE:

1 x 150 Drill **2:40** > 2 x 125 Build DPS Last 25 NO BREATH **2:00**

3 x 100 Pull N/S **1:30** > 4 x 75 25 Sprint Head up/25 EZ/25 Sprint Swim **1:30**

5 x 50 odd NO Breath/Even kick on side **1:00** > 6 x 25 Sprint with
Parachutes **:50**

300 Kick **6:00** > 6 x 50 25 Sprint-25 EZ Kick **1:10** > 6 x 15m-20m Dive Break out

DISTANCE FREE:

700-500-300-100 Pull or Swim with light kick progress the effort

100-300-500-700 Swim work legs more as you go and progress the effort

1:20-4:00-6:40-9:20

600 IM Kick-Drill-Swim Mix



Lakeside has been in existence since the 1920's, and we host the nations oldest continuously running meet, which had it's 85th addition this past summer.

We have had 10 Olympians come through our program including 1 in each of the past 3 Olympic games.

Our Head Coach Mike DeBoor has been here since 1988 and is starting his 18th season as head coach.

We've won 40 straight LCM & SCY state championships.

In the past 10 years we've sent over 150 athletes to schools with athletic & academic scholarships

We're a gold medal club since 2004 & are the highest ranked Vclub team not bordering an ocean. We're also amongst the smallest in the top 10 in the Vclub.

Our two featured athletes were two of five high school athletes qualified & competing at WCTs.