

Age Group 1 – 1000 yards

Warm-up:

Free Swim

- | | |
|------------------------------|---------|
| #1. at 1000 pace | 3 x 100 |
| #2. 5 seconds faster than #1 | |
| #3. 5 seconds faster than #2 | |

Butterfly

- | | |
|-----------------------------------|----------|
| Kick (no board) front, back, side | 1 x 50 |
| Drill 1 arm, change each length | 1 x 50 |
| Swim | 4 x 25's |

Backstroke

- | | |
|--------------------------------|--------|
| Drill Delay pull, kick on side | 1 x 50 |
| Swim | 2x50's |

Breastroke

- | | |
|----------------------------|-------|
| Swim 1 length normal, | 1x100 |
| 1 length with dolphin kick | |

Freestyle

- | | |
|----------------------|--------|
| Pull breathe every 3 | 3x50's |
|----------------------|--------|

IM

- | | |
|--------|-------|
| Smooth | 1x100 |
|--------|-------|

Swim down

- | | |
|----------------------------|----------------|
| Drill free finger tip drag | Swimmer Choice |
|----------------------------|----------------|

Age Group 2 – 2000 yards

Warm-up:

Free Swim

- | | |
|------------------------------|---------|
| #1. at 1000 pace | 4 x 150 |
| #2. 5 seconds faster than #1 | |
| #3. 5 seconds faster than #2 | |
| #4. 5 seconds faster than #3 | |

Butterfly

- | | |
|-----------------------------------|---------|
| Kick (no board) front, back, side | 1 x 100 |
| Drill 1 arm, change each length | 1 x 100 |
| Swim | 2 x 50 |

Backstroke

- | | |
|--------------------------------|---------|
| Drill Delay pull, kick on side | 1 x 100 |
| Swim | 1x100 |

Breaststroke

- | | |
|----------------------------|-------|
| Swim 1 length normal, | 1x200 |
| 1 length with dolphin kick | |

Freestyle

- | | |
|---------------------------------|--------|
| Pull hypoxic, breathe every 3/7 | 4x75's |
| Kick | 1x100 |

IM

- | | |
|----------------------------|-------|
| Smooth on #1, Sprint on #2 | 2x100 |
|----------------------------|-------|

Swim down

- | | |
|----------------------------|-----|
| Drill free finger tip drag | 100 |
|----------------------------|-----|

SENIOR PREP – 3000 yards

Warm-up:

Free Swim

- | | |
|------------------------------|---------|
| #1. at 1000 pace | 4 x 250 |
| #2. 5 seconds faster than #1 | |
| #3. 5 seconds faster than #2 | |
| #4. 5 seconds faster than #3 | |

Butterfly

- | | |
|-----------------------------------|---------|
| Kick (no board) front, back, side | 1 x 200 |
| Drill 1 arm, change each length | 1 x 200 |
| Swim | 2 x100 |

Backstroke

- | | |
|--------------------------------|---------|
| Drill Delay pull, kick on side | 1 x 200 |
| Swim | 1x100 |

Breaststroke

- | | |
|----------------------------|-------|
| Swim 1 length normal, | 1x200 |
| 1 length with dolphin kick | |

Freestyle

- | | |
|---------------------------------|--------|
| Pull hypoxic, breathe every 3/7 | 4x75's |
| Kick | 1x200 |

IM

- | | |
|---------------------------------|-------|
| Second 25 faster than the first | 1x200 |
| for each stroke | |
| Sprint | 1x100 |

Swim down

- | | |
|----------------------------|-----|
| Drill free finger tip drag | 100 |
|----------------------------|-----|

SENIOR – 4000 yards

Warm-up:

Free Swim

#1. at 1000 pace	4 x 300
#2. 5 seconds faster than #1	
#3. 5 seconds faster than #2	
#4. 5 seconds faster than #3	

Butterfly

Kick (no board) front, back, side	1 x 200
Drill 1 arm, change each length	1 x 200
Swim	2 x100

Backstroke

Drill Delay pull, kick on side	1 x 200
Swim	2x100

Breaststroke

Swim 1 length normal,	1x200
1 length with dolphin kick	
Swim – execute pull-outs and ride surface current w/ hips high	1x200

Freestyle

Pull hypoxic, breathe every 3/7	8x75's
Kick	1x200

IM

Second 25 faster than the first for each stroke	1x200
Smooth on #1, Sprint on #2	2x100

Swim down

Drill free finger tip drag	200
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NATIONAL – 5000 yards

Warm-up:

Free Swim

#1. at 1000 pace	4 x 300
#2. 5 seconds faster than #1	
#3. 5 seconds faster than #2	
#4. 5 seconds faster than #3	

Butterfly

Kick (no board) front, back, side	1 x 200
Drill 1 arm, change each length	1 x 200
Swim	2 x100
Swim	4x50's

Backstroke

Drill Delay pull, kick on side	1 x 200
Swim	2x100
Swim	4x50's

Breastroke

Swim 1 length normal,	1x200
1 length with dolphin kick	
Swim – execute pull-outs and ride surface current w/ hips high	1x200

Freestyle

Pull hypoxic, breathe every 3/7	12x75's
Kick	1x200

IM

Second 25 faster than the first for each stroke	2x200
Smooth on #1, Sprint on #2 (repeat)	4x100

Swim down

Drill free finger tip drag	200
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