

Storm Swimming

Senior/National Group Practice

Warm up:(20)

400 loosen

12 x 50 free drills done as:

2 x	head lead lateral kick @ 12k switch	@ 1:00
	hand lead lateral kick with 12k switch and front scull	
	add 3 strokes on switch	
	add 5 strokes on switch	
	add 7 strokes on switch	
	swim with rotation focus	
	R 1 with snorkel R 2 w/out	

Free (16)

6 x 50 Free 1 breath MAX on first 30 -	
fast yet relaxed speed	@ 1:00

6 x 75 choice descend 1-3, 4-6

1-3	@	1:05
4-6	@	1:00

Choice:(30) FAST Choice stroke

3 x	2 x 25 to foot	@	:60
	2 x 12.5	@	:60

3 x 400 stroke done as 50 kick, 50 drill, 100 swim	@ 6:00
--	--------

Cool down