

Storm Swimming

Sr/Nat Group Practice

Warm Up: (20)

400 loosen

400 IM kick

400 IM

Get up and Go: (10)

3 x	1 x 75	@	:52	1:00
	2 x 50	@	:35	:40
	4 x 25	@	:17	:20
	1:00 rest			

Quality Kick: (45)

3 x	200 kick focus stroke max effort	@	4:00
	100 stretch out swim	@	1:45
	2 x 100 kick focus stroke max effort	@	2:00
	100 stretch out swim	@	1:45
	4 x 50 kick focus stroke max effort	@	1:00
	100 stretch out swim	@	3:15 (right into r2)

Stretch out:(20)

2 x 600 A1 done as	@	9:00	10:00
100 drill progression			
200 swim (repeat)			

Speed work: (10)

10 x 50	@	1:00
Odd: 20 HV0, 30 dps FAS		
Even: 30 dps, 20 HVO FAP		

Cool Down