

Practice #1

Warm up

3x200s

#1 - free

#2 - choice kick with board

#3 - choice swim (no fly)

Continuous no breaks

Set #1

5x100s free

Work turns, UW and breakouts

3-4 kicks per wall UW

2 strokes before first breath

0:20 seconds between 100s

Set #2

8x50s IMO

Goal - maintain technique and speed for entire 50. Don't let technique slide when you get tired

0:20 between 50s

Set #3

8x50s IMO

Sprint! Don't let speed or technique falter

0:30 between 50s

1900y

Practice #2

3x200s

#1 - free

#2 - choice kick with board

#3 - choice swim (no fly)

Continuous no breaks

Set #1

5x100s IM Kick with a board. 15 seconds rest between 100s

Set #2

10x50s Free

- Do NOT breathe out of your streamlines - 2 strokes before 1st breath
- 3-6 dolphin kicks per wall

- 20 seconds rest between 50s

Set #3

8x25s IMO

- 2 of each stroke
- Work your breakouts and finishes
- 10 seconds rest between 25s

1800y

Practice #3

3x200s

#1 - free

#2 - choice kick with board

#3 - choice swim (no fly)

Continuous no breaks

Set #1

8x75s Free

- Do NOT breathe out of your streamlines - 2 strokes before 1st breath
- 3-6 dolphin kicks per wall
- 20 seconds rest between 75s

Set #2

10x50s Choice

- 1-5 Kick with Board
- 6-10 Drill - your choice of Drill
- 10 seconds between 50s

Set #3

5x100 IMs 0:30 rest between 100s

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Practice #4

Warm up:

5x100 Free - 0:15 sec rest between 100s - focus on good underwater & turns

5x100 streamline IM kick - 0:20 sec rest between 100s

5x100 choice swim - 0:15 sec rest between 100s - good technique - slow & stretch it out

Set #1

3x200s Free

- Build each 50 - first 50 nice and easy, last 50 full sprint
- 1:00 between 200s

Set #2

8x25s IMO

- Focus on maintaining speed for full 25s with GOOD UW & Breakouts & Fast Finishes!
- 0:15 rest between 25s

2300y

Practice #5

Warm up:

5x100 Free - 0:15 sec rest between 100s - focus on good underwater & turns

5x100 streamline IM kick - 0:20 sec rest between 100s

5x100 choice swim - 0:15 sec rest between 100s - good technique - slow & stretch it out

Set #1

8x100 IMs Swim

- 100 IM + 25 IMO
 - 100 IM, 25 Fly
 - 100 IM, 25 Back
 - 100 IM 25 breast
 - 100 IM 25 Free
 - Repeat
- 0:30 between 100s

Set #2

8x25s IMO

- Focus on maintaining speed for full 25s with GOOD UW & Breakouts & Fast Finishes!
- 0:15 rest between 25s

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Practice #6

Warm up:

5x100 Free - 0:15 sec rest between 100s - focus on good underwater & turns

5x100 streamline IM kick - 0:20 sec rest between 100s

5x100 choice swim - 0:15 sec rest between 100s - good technique - slow & stretch it out

Set #1

3x{4x75s} IM

- Round 1 - Kick with Board - 0:20 between 75s
- Round 2 - Drill - 0:20 between 75s
- Round 3 - Swim - 0:20 between 75s

How you swim a 75 IM:

- #1 - 25 Fly, 25 Back, 25 Breast
- #2 - 25 Free, 25 Fly, 25 Back
- #3 - 25 Breast, 25 Free, 25 Fly
- #4 - 25 Back, 25 Breast, 25 Free

Set #2

8x25s IMO

- Focus on maintaining speed for full 25s with GOOD UW & Breakouts & Fast Finishes!
- 0:15 rest between 25s

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