

Practice #1

Warm up: 400 Mix

Pre Set:

4 Rounds

1 Round each stroke IMO

4x50 your choice drill @ 1:10 + 1x100 IM - The stroke you did on that round - is a build 25 @ 2:00

Main

10x125 IM @ 2:00 or 2:10

Odds - Do a 50 of your best stroke. Descend the Odds.

Evens - Do a 50 Drill of your worst stroke.

WD

200

Practice #2

Warm up: 300 S, 200 K

Pre Set - Kick w/ fins

3 Rounds

3x100 Kick Just make @ 1:15/1:20/1:30 (Pick one that gives you about :10 rest w/ 80% effort)

4x25 UWK @ :40

Main - PAD

16x100 @ 1:30

Every 4th is a 75 stroke fast (Fly - no PAD)

WD

300

Practice #3

Warm up:

300 S, 200 K, 100 Scull

Pre Set - Pull

6x175 @ 2:30/ 2:45

1. Maintain Stroke Count
2. 100 DPS/ 75 Strong
3. 75 DPS/ 100 Strong

Main - Fins

3 Rounds

3x100 Kick Descend 1-3 @ 1:30 + 8x25 odds - UWK, evens - Fast swim @ :30

WD

200