

Apex Travel Practice in Short Course Yards, If meters add 5 seconds for a 50 and 10 seconds for a 100, and 20 for 200.

Practice 1

300 Swim warm up

12x25 kick :50

6x50 free 1:20 drill/swim

Set 1

3x

3x25 free :45 smooth, build, fast

25 back :50

6x50 free 1:30 #3 fast and #6 fast

5x50 back 1:20 drill/ swim

5x50 fly 1:20 drill/swim

5x50 breast 1:30 drill/ swim

100 long cool down

Practice 2

300 swim warm up

12x25 kick :50 every 4th fast

6x50 Free 1:20 Drill/Swim

8x25 IM order drill :45

8x25 IM Swim :45

2x

4x25 Sprint :45 IM order

50 Easy double arm back 1:45

100 Sprint IM 2:30 Best time possible

50 Easy double arm back 1:45

4x100 Free 3:00 Long smooth and relaxed

200 Long Cool down swim

Practice 3

300 swim warm up

12x25 kick :50 every 4th fast

6x50 Free 1:20 Drill/Swim

6x25 free :50 build 1-6 #6 fast

2x

25 sprint free :50

50 easy free 1:30

25 sprint free :50

50 easy double arm back 1:45

100 Back 2:45 drill/ swim

5x50 back 1:20 Drill/swim

5x50 fly 1:20 Drill/ swim

5x50 breast 1:30 Kick/ swim when kicking arms on side

200 Long Cool down swim