

HS Development 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

8x50 kick 1:15 every 4th fast

10x50 Free 1:00 Drill/Swim

3x

3x50 free 1:00 Smooth, Build, Fast

50 back 1:20

6x100 Free 1:50 #3 fast and #6 fast

6x50 back 1:15 Drill/swim

6x50 fly 1:10 Drill/ swim

6x50 breast 1:20 Kick/ swim when kicking arms on side

3x

3x50 IM transitions 1:15

50 easy double arm back 1:30

200 Long Cool down swim

Practice 2

300 swim warm up

8x50 kick 1:15 every 4th fast

10x50 Free 1:05 Drill/Swim

8x25 IM order drill :40

8x25 IM Swim :40

3x

4x25 Sprint :40 IM order

50 Easy double arm back 1:30

100 Sprint IM 2:30 Best time possible

50 Easy double arm back 1:30

3x200 Free 4:00 Long smooth and relaxed

200 Long Cool down swim

Practice 3

300 swim warm up

8x50 kick 1:15 every 4th fast

10x50 Free 1:05 Drill/Swim

6x50 free 1:00 build 1-6 #6 fast

3x

25 sprint free :40

50 sprint free 1:10

25 sprint free :40

50 easy double arm back 1:30

200 Back 4:30 drill/ swim

8x50 back 1:15 Drill/swim

8x50 fly 1:10 Drill/ swim

8x50 breast 1:20 Kick/ swim when kicking arms on side

3x

4x25 Fast IM :40

50 Easy double arm back 1:30

200 Long Cool down swim