

Senior 1 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

12x50 kick 1:05 every 4th fast

10x50 Free :55 Drill/Swim

3x

3x50 free :50 Smooth, Build, Fast

50 back 1:00

6x100 Free 1:30 #3 fast and #6 fast

8x50 back 1:00 Drill/swim

8x50 fly :55 Drill/ swim

8x50 breast 1:05 Kick/ swim when kicking arms on side

3x

3x50 IM transitions 1:00

50 easy double arm back 1:30

200 Long Cool down swim

Practice 2

300 swim warm up

12x50 kick 1:05 every 4th fast

10x50 Free :55 Drill/Swim

12x25 IM order drill :35

12x25 IM Swim :35

4x

4x25 Sprint :30 IM order

50 Easy double arm back 1:30

100 Sprint IM 2:00 Best time possible

50 Easy double arm back 1:30

4x200 Free 3:30 Long smooth and relaxed

200 Long Cool down swim

Practice 3

300 swim warm up

12x50 kick 1:05 every 4th fast

10x50 Free :55 Drill/Swim

6x50 free :50 build 1-6 #6 fast

3x

25 sprint free :30

50 sprint free 1:00

25 sprint free :30

50 easy double arm back 1:30

200 Back 3:45 drill/ swim

8x50 back 1:00 Drill/swim

8x50 fly 1:00 Drill/ swim

8x50 breast 1:10 Kick/ swim when kicking arms on side

4x

4x25 Fast IM :30

50 Easy double arm back 1:20

200 Long Cool down swim