

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

Practice 1

300 swim warm up

9x50 kick 1:10 every 3rd fast

10x50 Free 1:00 Drill/Swim

2x

3x50 free :55 Smooth, Build, Fast

50 back 1:10

6x100 Free 1:40 #3 fast and #6 fast

6x50 back 1:05 Drill/swim

6x50 fly 1:05 Drill/ swim

6x50 breast 1:15 Kick/ swim when kicking arms on side

3x

3x50 IM transitions 1:10

50 easy double arm back 1:30

200 Long Cool down swim

Practice 2

300 swim warm up

9x50 kick 1:10 every 3rd fast

10x50 Free 1:00 Drill/Swim

8x25 IM order drill :40

8x25 IM Swim :40

4x

4x25 Sprint :40 IM order

50 Easy double arm back 1:20

100 Sprint IM 2:00 Best time possible

50 Easy double arm back 2:00

3x200 Free 3:45 Long smooth and relaxed

200 Long Cool down swim

Practice 3

300 swim warm up

9x50 kick 1:10 every 3rd fast

10x50 Free 1:00 Drill/Swim

6x50 free :55 build 1-6 #6 fast

3x

25 sprint free :30

50 sprint free 1:00

25 sprint free :30

:30 rest

200 Back 4:00 drill/ swim

8x50 back 1:05 Drill/swim

8x50 fly 1:05 Drill/ swim

8x50 breast 1:15 Kick/ swim when kicking arms on side

2x

4x25 Fast IM :40

50 Easy double arm back 1:20

200 Long Cool down swim