

Practice #1 Gold Group:

300 Swim every 4th lap NF

4x50's scull/drill @ 1:00

4x50's fly/free kick @1:00

4x50's build @ 1:00

4x25's UWT ½ way @ 40

4x25's V.S. @ 40

(1100Y) ~ 24 min

8x 100's @ 1:20/1:30

1-4 kick/swim by 25 @ 1:30

5-8 Stroke/Free by 25

4x75's 25 scull/ 50 Fast Free @ 1:20

4x100's Free @ 1:30

Odds-distance per stroke

Evens-build by 25 to all out

8x50's IM Transitions @ 1:00

8x25's IMO Sprint @ 40

(2100Y) ~40 min

3x200's Build w/great Breakouts @ 2:45

200 Easy

TY= 4,000Y (76 min)

Gold Practice # 2

400 Swim

3x100's descend @ 1:30

4x75's DPS Free w/ good turns @ 1:20

4x50's Breast Kick/Fly kick with board @ 1:10

4x50's 6-kick switch/10o'clock drill @ 1:00

8x25's V.S. @ 40

(1600Y) ~ 35 min

2x

1x200 Build Free @ 2:45

4x50's 200 Pace @ 1:00

1x200 Build Free @ 2:45

4x50's All-out kick @ 1:00

1x50 D.A.B. @ 1:20

(1700Y) ~ 29 min

16x25's IMO by 4 @ 40

1-kick

1-Drill

1-Build

1-Sprint

200 Easy

3900 Y ~ 79 min

Gold Practice # 3:

300 Swim every 4th lap NF

8x50's kick/swim @ 1:00

4x50's Taylors Scull @ 1:30

4x75's Breathing 3-5-7 by 25 @ 1:20

8x25's All Out Free @ 40

(1400Y) ~ 35 min

4x75's IM Drill NF @ 1:30

4x25's Race IMO Kick @ 30

4x75's IMO Fast NF @ 1:30

4x25's Recovery Free @ 40

4x75's Fast/Easy/Fast Free @ 1:20

8x25's All Out Free @ 40

(1300Y) ~ 31 min

1x300 (100 kick BR, 100pull BR, 100 DPS BR) @ 20 seconds rest

2x200's DPS Free Nice and Long @ 3:00

3x100's Build Free @ 1:30

(1000Y) ~ 19 min

200 Easy

TY= 3900Y ~ 85 minutes