

Swimming Practice of the Day

“Think about your dream. Then, put your head down and go to work.” – Dabo Swinney

Approximate time: 35 - 45 Min

Warm Up:

300	125 Free/100 Back/50 Breast/25 Fly
100	Sidekick(Keep one Arm Front,the Other Arm by your Side) - Snorkel Optional
100	50 Single Arm Free/50 DPS (Maintain a consistent Narrow Kick)
100	Swim w/Paddles - Breath Every 3

Pre-Main Set:

4x75	Odd: Best Stroke - Scull/Drill/Swim by 25	@15-20 sec
	Even: Stroke Choice - 50 Build/25 Swim	@20-30 sec

Main Set:

1x100	(Best stroke) DPS - Take 1 less Stroke per 25	@10-15 sec
4x50	A3 - Odd: Fly or Back, Even: Breast or Free	@25-30 sec
1x100	(Best stroke) Distance Per Stroke - Take 1 less Stroke per 25	@10-15 sec

Warm Down:

100-200	Back/Free/Back by 25
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Total:1400

