

Swimming Practice of the Day

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

Approximate time: 65 - 75 Min

Warm Up:

500	200 Free/150 Back/100 Breast/50 Fly - Fins Optional
200	Sidekick(Keep one Arm Front,the Other Arm by your Side) - Snorkel Optional
200	50 Single Arm Free/50 DPS (Maintain a consistent Narrow Kick)
200	Swim w/Paddles - Breath Every 3

Pre-Main Set:

8x75	Odd: Best Stroke - Scull/Drill/Swim by 25	@15-20 sec
	Even: Stroke Choice - 50 Build/25 Swim	@20-30 sec

Main Set:

3x	(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:

200-300	Back/Free/Back by 25
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Total:3200

