

## Swimming Practice of the Day

*"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same." – Carlos Castaneda*

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**Approximate time: 35 - 45 Min**

### Warm Up:

100	Free - Loosen Up	
4x50	25 Backstroke Kick / 25 Scull w/Flutter Kick	@30 sec
4x25	Odd: Catch Up Drill / Even: Free - DPS	@20 sec

### Pre-main Set:

8x50	#1-2: 25 Straight Arm Free w/Fast Kick / 25 Free - DPS	@30 sec
	#3-6: Stroke Count Free - Drop 1 Stroke per 50	@20 sec
	#7-8: 25 Underwater / 25 Backstroke w/Fins	@30 sec

### Main Set:

2x	(8x25	Odd: Good Push Off / 3 Sec Glide / Fast Swim to the Wall	@30 sec
		Even: Moderate Speed - Dolphin Kick on Back	
		* Stroke Choice - Mix Up Strokes	
	1x100	Recovery - 50 Drill / 50 Free)	
	4x50	Pull DPS - Descend 1-4 / Paddles Optional	@30 sec
		* Don't Short on your Stroke	

### Warm Down:

100-200	50 Free / 50 Kick
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**Total: 1500**

