

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

Approximate time: 50 - 60 Min

Warm Up:

200	Free - Loosen Up	
4x75	25 Backstroke Kick / 25 Scull w/Flutter Kick / 25 Free	@30 sec
8x25	Odd: Catch Up Drill / Even: Free - DPS	@20 sec

Pre-main Set:

10x50	#1-4: 25 Straight Arm Free w/Fast Kick / 25 Free - DPS	@30 sec
	#5-8: Stroke Count Free - Drop 1 Stroke per 50	@20 sec
	#9-10: 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:

200-300	50 Free / 50 Kick
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Total: 2400

