

## Swimming Practice of the Day

*“Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.” – James Allen*

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**Approximate time: 65 - 75 Min**

### Warm Up:

200	Choice - Loosen Up	
200	Free - Underwater Turns	
8x25	Odd: Drill - Best Stroke / Even: Build to A3	@20 sec
8x25	Odd: Head Up Freestyle / Even: Underwater Kick - w/Fins	@20 sec

### Pre-main Set:

4x100	Odd: Fast Kick / Even: Recovery Kick - w/ Kickboard & Fins	@30 sec
4x75	Odd: Fast Kick / Even: Recovery Kick - w/ Kickboard & Fins	@30 sec
4x50	Odd: Fast Kick / Even: Recovery Kick - Streamline Kick	@20 sec

### Main Set:

3x	(4x75	#1 25 Fast / 50 Easy	@30 sec
		#2 50 Fast / 25 Easy	
		#3 75 Fast	
		#4 75 Easy	
	1x200	Recovery Swim - 25 Scull / 50 Kick / 25 Drill	@2 min
		* 1st Rd. Free / 2nd Rd. Best Stroke / 3rd Rd. Kick w/Fins)	

### Warm Down:

200-300	50 Double Arms Back / 25 Kick / 25 Free
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**Total: 3400**

