

Swimming Practice of the Day

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

Approximate time: 50 - 60 Min

Warm Up:

100	Choice - Loosen Up	
100	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
4x50	Odd: Fast Kick / Even: Recovery Kick - Streamline Kick	@20 sec

Main Set:

2x	(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)	

Warm Down:

200-300	50 Double Arms Back / 25 Kick / 25 Free
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Total: 2400

