

Swimming Practice of the Day

“Instead of worrying about what you cannot control, shift your energy to what you can create.” – Roy T. Bennett

Approximate time: 35 - 45 Min

Warm Up:

100	Reversed IM - 25 Free / 25 Back / 25 Breast / 25 Fly - Fins Optional	
4x25	Odd: Over Kick Free / Even: Catch Up Drill	@30 sec
4x25	Odd: Underwater Kick / Even: Freestyle Breathe Every 5	@30 sec
4x25	Odd: Build to Fast Finish / Even: Fast Breakout	@20 sec

Pre-main Set:

4x25	#1-2 25 Double Pull Out Breast	@20 sec
	#3-4 25 Dolphin Kick with Breast Pull	

Main Set:

1x200	Moderate Speed A2/A2+ / 3-4 Dolphin Kick After each Wall	@40 sec
4x25	Stroke Choice - ALL OUT	@40 sec
2x100	Moderate Speed A3 / 3-4 Dolphin Kick After each Wall	@40 sec
4x25	Kick - ALL OUT	@40 sec
4x50	Freestyle DPS A3 - w/Fins & Paddles	@40 sec
4x25	Best Stroke - ALL OUT w/Fins	@40 sec

Warm Down:

100-200	50 Kick / 50 Free
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Total: 1500

