

## Swimming Practice of the Day

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

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**Approximate time: 65 - 75 Min**

### Warm Up:

500	Reversed IM - 200 Free / 150 Back / 100 Breast / 50 Fly - Fins Optional	
10x50	Odd: Over Kick Free / Even: Catch Up Drill	@30 sec
8x25	Odd: Underwater Kick / Even: Freestyle Breathe Every 5	@30 sec
8x25	Odd: Build to Fast Finish / Even: Fast Breakout	@20 sec

### Pre-main Set:

6x50	Odd: 25 Double Pull Out Breast / 25 Dolphin Kick with Breast Pull Even: Streamline Back Kick	@20 sec
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### Main Set:

1x400	Moderate Speed A2/A2+ / 3-4 Dolphin Kick After each Wall	@40 sec
4x25	Stroke Choice - ALL OUT	@40 sec
2x200	Moderate Speed A3 / 3-4 Dolphin Kick After each Wall	@40 sec
4x25	Kick - ALL OUT	@40 sec
4x100	Freestyle DPS A3 - w/Fins & Paddles	@40 sec
4x25	Best Stroke - ALL OUT w/Fins	@40 sec

### Warm Down:

200-300	50 Kick / 50 Free
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**Total: 3400**

