

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: 50 - 60 Min

Warm Up:

| | | |
|------|---|---------|
| 300 | Reversed IM - 150 Free / 75 Back / 50 Breast / 25 Fly - Fins Optional | |
| 6x50 | 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:

| | | |
|------|---|---------|
| 4x50 | Odd: 25 Double Pull Out Breast / 25 Dolphin Kick with Breast Pull Even: Streamline Back Kick | @20 sec |
|------|---|---------|

Main Set:

| | | |
|-------|--|---------|
| 1x300 | Moderate Speed A2/A2+ / 3-4 Dolphin Kick After each Wall | @40 sec |
| 4x25 | Stroke Choice - ALL OUT | @40 sec |
| 2x150 | Moderate Speed A3 / 3-4 Dolphin Kick After each Wall | @40 sec |
| 4x25 | Kick - ALL OUT | @40 sec |
| 4x75 | 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 |
|---------|-------------------|

Total: 2400

