# GCY PRACTICE
# DATE: Tuesday, December 8th, 2020

**Level 1 (Age Group/Senior Prep, some Masters) -2000 + yards**

| Warm-Up | Pre-Set | Main Set | Post Set | Cool Down |
|---|---|---|---|---|
| 600 Swim/Kick/Drill Mix<br><br>Do as 100 Swim/25 KOB/25 Drill x 4, odd rounds FREE only, EVEN rounds STROKE only | 5 x 200's Challenge w/ Fins<br>1-KWB @ 3:40<br>2-50 Free/150 KWB @ 3:20<br>3-100 Free/100 KWB @ 3:00<br>4-150 Free/50KWB @ 2:40<br>5-200 Free @ 2:20 | 2 x 200's FR Pull Descend @ 3:40<br>4 x 100's IM's Descend @ 2:00<br>(drill/swim x 25)<br>8 x 50's (IMO x 2) @ 1:05 | 12 x 25's @ :40<br>(Fast, EZ, Fast/EZ, EZ/Fast<br>One Stroke per every 4) | Coaches Choice |

**Level 2 (Senior Prep, NP, Senior Sprint, some Masters) – 3000+ yards**

| Warm-Up | Pre-Set | Main Set | Post Set | Cool Down |
|---|---|---|---|---|
| 800 Swim/Kick/Drill Mix<br><br>Do as 100 Swim/50 Kick/50 Drill x 4, odd rounds FREE only, EVEN rounds STROKE only | 5 x 200's Challenge w/ Fins<br>1-KWB @ 3:40<br>2-50 Free/150 KWB @ 3:20<br>3-100 Free/100 KWB @ 3:00<br>4-150 Free/50KWB @ 2:40<br>5-200 Free @ 2:20 | 1x 400 Free Pull @ 6:20<br>2 x 200's IM Descend @ 3:40<br>4 x 100's IMO @ 2:00<br>(drill/swim x 25)<br>8 x 50's (IMO x 2) @ 1:00 | 16 x 25's @ :35<br>(Fast, EZ, Fast/EZ, EZ/Fast<br>One Stroke per every 4) | Coaches Choice |

**Level 3 (National Prep, National 1&2, some Masters/Sr Sprint)- 5000+ yards**

| Warm-Up | Pre-Set | Main Set | Post Set | Cool Down |
|---|---|---|---|---|
| 1000 Swim/Kick/Drill Mix<br><br>Do as 150 Swim/50 Kick/50 Drill x 4, odd rounds FREE only, EVEN rounds STROKE only | 5 x 200's Challenge (no fins)<br>1-KWB @ 3:40<br>2-50 Free/150 KWB @ 3:20<br>3-100 Free/100 KWB @ 3:00<br>4-150 Free/50KWB @ 2:40<br>5-200 Free @ 2:20 | 1x 400 Free Pull @ 5:40<br>2 x 200's IM Descend @ 3:20<br>4 x 100's IMO @ 1:40<br>(drill/swim x 25)<br>8 x 50's (IMO x 2) @ :55<br>16 x 25's @ :30<br>(Fast, EZ, Fast/EZ, EZ/Fast<br>One Stroke per every 4) | 8 x 50's OTBs @ 1:30-2:00 depending on groups/size | Coaches Choice |