**GCY PRACTICE**
**DATE: Tuesday, July 14th**

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

| Warm-Up | Pre-Set | Main Set | Post Set | Cool Down |
|---|---|---|---|---|
| 100 Fr-100 Fr Kick<br>75 Br–75 Br KOB<br>50 Bk–50 Bk Kick<br>25 Fly–25 Fly KOB | 2x100 FR Kick w/ Bd no fins<br>2x75's FR swim OVERKICK<br>2x50's FR Kick w/ Bd no fins<br>2x25's FR swim OVERKICK | 3x<br>3x50 Free Descend Plus :30 put fins on<br>3 x 50's Stroke w/ Fins (IMO by Round)<br>Plus :15 fins OFF<br>3x50's Kick w/ board NO fins (IMO by Round) | Coaches Choice | 50 DK Skull w/ fins |

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

| Warm-Up | Pre-Set | Main Set | Post Set | Cool Down |
|---|---|---|---|---|
| 100 Fr-100 Fr Kick<br>75 Br–75 Br KOB<br>50 Bk–50 Bk Kick<br>25 Fly–25 Fly KOB | 2x100 FR Kick w/ Bd no fins @ 2:10<br>4x75's FR swim OVERKICK @ 1:40<br>4x50's FR Kick w/ Bd no fins @ 1:05<br>4x25's FR swim OVERKICK @ :30 | 3x<br>3x100 Free Descend @ 2:00<br>Plus :30 put fins on<br>3 x 50's Stroke w/ Fins @ :55 (IMO by Round)<br>Plus :15 fins OFF<br>3x50's Kick w/ board @ 1:10 NOfins(IMO by Rd) | Coaches Choice | 100 DK Skull w/ Fins plus Snorkel |

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

| Warm-Up | Pre-Set | Main Set | Post Set | Cool Down |
|---|---|---|---|---|
| 200 Fr-200 Fr Kick<br>150 Br–150 Br Kick<br>100 Bk–100 Bk Kick<br>50 Fly–50 Fly Kick | 4x100 FR Kick w/ Bd no fins @ 1:50<br>4x75's FR swim OVERKICK @ 1:15<br>4x50's FR Kick w/ Bd no fins @ :55<br>4x25's FR swim OVERKICK @ :30 | 3x<br>3x150 Free Descend @ 2:10<br>Plus :30 put fins on<br>4 x 50's Stroke w/ Fins @ :50 (IMO by Round)<br>Plus :10 fins OFF<br>3x50's Kick w/ board @ 1:00 NOfins(IMO by Rd) | Coaches Choice | 200 DK Skull w/ Snorkel plus short fins |