GCY PRACTICE
DATE: Monday, November 30th

Level 1 (Suggest levels Age Group some Masters) -2000 + yards/meters

Warm-Up	Pre-Set	Main Set (1200)	Post Set	Cool Down
200 Swim 200 KWB plus fins 200 Fr Pull	3 x 25's Fly @ :40 3 x 75's Back @ 1:30 1 x 100 Breast @ 2:00 Fly = Fast Back = Descend Breast = Build	5x100 Fr w/ fins + Paddles @ 1:40 4 x 50 KWB (no fins) @ 1:05 ***Take :40 rest*** 3 x100 Fr w/ fins + Paddles @ 1:40 2 x 50 KWB (no fins) @ 1:05 ***Take :30 rest*** 1 x100 Fr w/ fins + Paddles @ 1:40	8 x 75's @ 1:40 2x 1-2 KWB fast 3-4 Des Fr Swims in sets of 2 each Rd (so both fast/all-out the final round)	50 + EZ swim/coach choice

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

Warm-Up	Pre-Set	Main Set (1200)	Post Set	Cool Down
300 Swim 300 KWB plus fins 300 Fr Pull	2x 3 x 25's Fly @ :40 3 x 75's Back @ 1:30 1 x 100 Breast @ 2:00 Fly = Fast Back = Descend Breast = Build	5x100 Fr w/ fins + Paddles @ 1:40 4 x 50 KWB (no fins) @ 1:00 ***Take :40 rest*** 3 x100 Fr w/ fins + Paddles @ 1:40 2 x 50 KWB (no fins) @ 1:00 ***Take :30 rest*** 1 x100 Fr w/ fins + Paddles @ 1:40	8 x 75's @ 1:30 2x 1-2 KWB fast 3-4 Des Fr Swims in sets of 2 each Rd (so both fast/all-out the final round)	50 + EZ swim/coach choice

Level 3 (National 1&2, some Senior Sprint, some Masters)- 5000+ yards

Warm Up	Pre-Set	Main Set (2200)	Post-Set	Cool Down
400 Swim 400 IM w/ Short Fins	3x 3 x 25's Fly @ :30 3 x 75's Back @ 1:20 1 x 100 Breast @ 2:00 Fly = Fast Back = Descend Breast = Build	7x100 Fr w/ fins + Paddles @ 1:30 6 x 50 KWB (no fins) @ :55 ***Take :30 rest*** 5x100 Fr w/ fins + Paddles @ 1:30 4 x 50 KWB (no fins) @ :55 ***Take :20 rest*** 3 x100 Fr w/ fins + Paddles @ 1:30 2 x 50 KWB (no fins) @ :55 ***Take :40 rest*** 1 x100 Fr w/ fins + Paddles @ 1:30	16 x 75's @ 1:15 4x 1-2 KWB fast 3-4 Des Fr Swims in sets of 2 each Rd (so both fast/all-out the final round)	50 + EZ swim/coach choice