**Instructions**

1. Take these weeks as the beginning of a new season. Pick one thing you really want to think about and do better each day or week.
2. You will find 5 practices. New practices will be posted weekly; however, read #5 below.
3. You have the option of doing fewer rounds to make each swim 1 hour or more rounds to make swim 1.5 hours.
4. Do the practices in order- avoid just choosing the strokes/sets that you like best.
5. If you don’t go 5 times, pick up with the next practice number. For example, if you do Practice 1 on Monday, 2 on Thursday, and 3 on Friday. Start the next week with Practice 4 before moving on to the new practices that are posted.
6. Behave, work hard, and have fun!

**Practice 1**

2x [ 4 x 50 @ 1:00 FR, hypoxic 3

[ 4 x 25 @ :35/:40 Kick, dolphin on side 15/15

600/600m

2x [ 4 x 75 @ 1:30/1:40/1:50 Kick w/ board, dolphin, descend

[ 4 x 25 @ :30/:35/:40 Kick, streamline on back, dolphin, fast 20/35

800/1400m

Focus on head position – put your head back until water is almost going over your forehead

1 or 2 rounds:

[ 4 x 50 @ 1:05/1:10 25 Six and switch – 25 Three and switch BK

[ 4 x 100 @ 1:35/1:50 BK, strong 15/50

600/2000m

1200/2600m

2 or 3 rounds:

[ 1 x 100 @ 1:40/1:50/2:00 Im, build into each wall

[ 1 x 100 @ 1:40/1:50/2:00 Im, build into each wall + max underwater

[ 1 x 100 @ 1:40/1:50/2:00 Im, build into each wall + max underwater + 2 fast strokes

4 x 25 scull/swim or 100 smooth 10/60

700/2700m

1000/3600m

*Change is the end result of all true learning.*

**Practice 2**

1 x 200 @ 3:20/3:40 FR, last 50 hypoxic 5

8 x 50 @ 1:00/1:05 BK, 1-4: good head position you worked on last practice, 5-8: descend 15/15

600/600m

1x [ 4 x 50 @ 1:00/1:05/1:10 Kick w/ board, flutter, descend

[ 4 x 50 @ 1:00/1:05/1:10 Kick on side, flutter, descend

[ 4 x 50 @ 1:00/1:05/1:10 Six kick superman, add 12.5 FR w/ overkick to end 15/30

600/1200m

Focus on finishing each stroke, keeping hips up

1 or 2 rounds:

[ 4 x 25 @ :40 BR arms w/ dolphin kick (can use fins if you want)

[ 4 x 50 @ 1:05/1:10 BR, count strokes (goal is under 11 in scm)

[ 4 x 75 @ 1:30/1:45 BR, odds- build, evens- fast 15/45

600/1800m

1200/2400m

1 or 2 rounds:

[ 4 x 25 @ :30 FR, GOLF

[ 1 x 100 @ 2:00 FR, fast

[ 4 x 25 @ :30 FR, dps + 2 breaths only

[ 1 x 50 @ 1:00 FR, fast

[ 4 x 25 @ :30 FR, dps

[ 1 x 25 @ :30 FR, fast

[ 1 x 25 smooth if doing 1 rounds, 5 x 25 @ :40 Choice, smooth at end of last round 15/60

600/2400m

1100/3500m

*Wise sayings often fall on barren ground, but a kind word is never thrown away.*

**Practice 3**

1x [ 4 x 100 @ 1:45/1:55 75 FR – 25 BK

[ 4 x 50 @ 1:05/1:10 25 FR – 25 FR arms w/ breaststroke kick 15/15

600/600m

1x [ 2 x 150 @ 3:15/3:30 Kick w/ board, BR, build

[ 3 x 50 @ 1:05/1:10 BR, 1 pull – 3 kicks

[ 3 x 50 @ 1:05/1:10 BR, 1 pull – 2 kicks

[ 3 x 50 @ 1:05/1:10 BR, descend 20/35

750/1350m

1 or 2 rounds:

[ 6 x 25 @ :35/:40 3-3-3 Fly (make it all the way in 1 cycle)

[ 4 x 50 @ 1:00/1:05 Fly, 1 down – 1 up

[ 1 x 100 Fly, fast 10/45

450/1800m

900/2250m

2 or 3 rounds:

[ 1 x 150 @ 2:15/2:30/2:45 FR, hypoxic 3/5/7 by 50

[ 2 x 100 @ 1:20/1:30/1:40 FR, fast

\*no rest between rounds

4 x 25 scull/steady or 100 smooth 15/60

800/2600m

1150/3400m

*The undertaking of a new action brings new strength.*

**Practice 4**

2 x 75 @ 1:20 FR, add 2 dolphin each wall

2 x 75 @ 1:30 BK, add 2 dolphin each wall

2 x 75 @ 1:40 BR, add 1 pullout each wall

2 x 75 @ 1:30 Fly – BK – FR, 6 dolphin each wall 15/15

600/600m

2x [ 2 x 50 @ 1:05/1:15 Kick, dolphin on stomach, 1 arm out front, snorkels optional

[ 2 x 50 @ 1:05/1:15 Choice, max fish kicks each wall

[ 4 x 25 @ :35/:40 Choice, race dolphin + 2 fast strokes 15/30

600/1200m

8 x 25 @ :40 Choice, fast from mid-pool, work turns, swim down middle

If you choose BK, go towards blocks. The other flags are too far away. 10/40

200/1400m

2 or 3 rounds:

[ 3 x 50 @ 1:00/1:05/1:10 Specialty, build into wall + race underwater + 2 fast strokes

[ 4 x 25 @ :30/:35/:40 Specialty, odds- fast, evens- steady

[ 3 x 50 @ 1:00/1:05/1:10 Specialty, strong + max underwaters

[ 4 x 25 @ :30/:35/:40 Specialty, 3x fast, 1x steady

100 smooth 20/60

1100/2500m

1600/3000m

If you’re going 90 minutes, here’s one more set

1x [ 2 x 100 @ 1:40/1:50/2:00 Im, strong

[ 1 x 50 @ 1:10 Specialty, fast

[ 2 x 100 @ 1:40/1:50/2:00 FR, strong

[ 1 x 50 @ 1:10 Specialty, fast

[ 2 x 100 @ 1:40/1:50/2:00 Choice, smooth 20/90

700/3700m

*Obstacles are those things you see when you take your eyes off your goal.*

**Practice 5**

4 x 50 @ 1:10 FR w/ 5 streamline jumps after each 50

1 x 200 @ 3:30 4 FR strokes – 3 BK strokes

4 x 50 @ 1:10 Im w/ 5 streamline jumps after each 50 15/15

600/600m

1x [ 4 x 100 @ 2:00/2:10/2:20 Kick, streamline on back, flutter, descend

[ 4 x 50 @ 1:00/1:05/1:10 Kick on side, flutter

[ 4 x 100 @ 1:45/1:55/ 3 @ 2:05 12.5 Kick on side, flutter – 12.5 FR w/ overkick 20/35

1000/1600m

4 x 75 @ 1:20/1:30 25 Back pause – 25 Almost Catch Up – 25 FR, dps

If you have 90 minutes, also do the following:

4 x 50 @ 1:00 FR, count strokes, under 30 is good, goal is 24 or less

8 x 25 @ :35 FR, dps + 1 breath only 5/40

300/1900m

700/2300m

2, 3, or 4 rounds:

[ 4 x 50 @ 1:00/1:05 FR, strong

[ 3 x 50 @ :50/:55 FR, 200 pace

[ 2 x 50 @ :40/:45 FR, fast

\*1:00 rest between rounds

100 smooth 20/60

1000/2900m

1450/3750m

1900/4200m

*Don’t ask if your dream is crazy, ask if it’s crazy enough.*