

*Age Group – Advanced & Senior – Beginner to Intermediate  
Practice Option*

Warm Up:

200 choice (mix it up) @ :15 – 20 seconds rest  
4 x 50 variable speed, choice  
    #1: 25 build/25 fast  
    #2: 25 fast/25 smooth  
    #3: 50 all fast  
    #4: 50 all smooth  
        Interval A: @ 1:00  
        Interval B: @ 1:10  
8 x 25: underwater harmonics – ‘fancy’ way of saying dolphin kick underwater, arms in streamline, scull to breathe only  
Odds: on stomach, Evens: on back  
    Focus on your ‘push off’ & efficient streamline  
        Interval A: @ :30  
        Interval B: @ :40

600

Kick Set:

Time to “build up” your legs again; it’s the first thing that “goes” during a race  
Fins are optional – you will want to adjust the interval to reflect this

2 x

4 x 75: (50 flutter kick on back – streamline, build to fast; 25 backstroke swim – active recovery)  
8 x 25: (Odds: flutter on back – all out, Evens: freestyle swim fast – drive your legs)\*  
    \*very little rest between flutter on back & fast free swim = intentional  
        Interval A: @ 1:40/@:30  
        Interval B: @ 1:55/6 @:40

1600

100: 50 scull/50 swim

1700

Main Set:

4 x

4 x 25 IMO by round – all fast  
    (ex. 1<sup>st</sup> 4 25s are fly, 2<sup>nd</sup> 4 25s are back...)  
    Odds: focus on breakout, Evens: focus on finish  
100 freestyle – active recovery – focus on turns & breakouts  
    Interval A: @ :30/@1:45  
    Interval B: @ :40/@1:55

2500

Warm Down:

100: 50 scull/50 swim (or more as needed to get to resting heart rate)

2600