

*Age Group – Advanced, Senior - Beginner
Practice Ideas*

Warm Up:

3 x 100 freestyle – 3 strong dolphin kicks off of every wall prior to breakout stroke @ 2:15
6 x 50 IM transition turns @ 1:15
4 x 50 variable speed (*freestyle only) @ 1:10
 25 build, 25 fast
 25 fast, 25 ez
 50 all fast
 50 all ez

800

Kick Set:

Fins on...

8 x 25 underwater harmonics – dolphin kick ... on stomach only... arms in tight streamline @ :45
 **Purposeful = key, make it a habit!

2 x 200 flutter kick w/ fins “Around the World”

 2nd 200 is faster than the first 200, @ coach
 50 right side ‘balance position’
 50 on stomach – streamline... scull, breathe
 50 left side ‘balance position’
 50 on back – streamline

8 x 25 underwater harmonics – dolphin kick ... on stomach only... arms in tight streamline @ :45

 **Purposeful = key, make it a habit! (YES – repeating what we did earlier – emphasis on speed)

1600

Fins off...

100 smooth – choice

1700

Drill Work:

4 x 50:

 25 arms at side, 3 kicks per side, rotate / 25 3/3/3 drill free
 *3/3/3 drill – 3 kicks on one side (arm extended), 3 full strokes, 3 kicks on other side

4 x 50:

 paddles optional – freestyle – focus on rotation with intent

2100

Swim Set:

4 x 75 free (25 smooth, 25 build, 25 sprint) – maintain 3 kicks off of walls or start over @ 1:40
4 x 50 choice of stroke (25 strong, 25 sprint) – focus on wall speed @ 1:10
4 x 25 choice – from a push – focus on breakout – all fast @ :40

2700