

*Age Group – Intermediate
Practice Ideas*

3 x 100 free – focus on streamlines & breakouts @ :15 – 30 seconds rest

6 x 50 IM transition turns @ 1:15 or @ 1:25

- ‘ample rest’ intended to allow you to focus primarily on your mechanics
- IM transition turns:
 - #1 & #4: 25 fly/25 back
 - #2 & #5: 25 back/25 breast
 - #3 & #6: 25 breast/25 free

600

8 x 25 backstroke w/ a “turn” in the “middle” of the pool

...you will push off, do your underwater harmonics, take the number of strokes that you usually do from the flags to the wall for a regular backstroke turn, do a flip turn, stop...’re-orientate’...swim smooth backstroke to the other wall and stop

- Focus is on feeling confident about your stroke count, turning onto your stomach – using your magical extra pull – aka freestyle pull, and then snapping feet over

4 x 50 freestyle or backstroke – your choice; focus on your turns & push offs

1000

2 x

4 x 25 free strong (focus on breakout and smooth strokes) @:45ish

2 x 50 free maintain speed in flag zone @ 1:25ish

100 free all out – fast → from a “push” @ 3:00

2 x 50 free maintain speed in flag zone @ 1:20ish

4 x 25 free strong @ :40ish

1 min rest

2000

Warm Down – 100: 50 scull/50 swim

Scull = no kick, all forward movement is coming from your arms 😊