

*Senior – Intermediate/Advanced
Practice Option*

Warm Up:

400: alternate 100 free, 100 IM @ 6:20

200: IM, 25 drill/25 swim @ 3:20

4 x 50: freestyle drill (8 kicks, 3 strokes, 8 kicks) – focus on your “line” @ 1:00

800

Kick Set:

6 x 75: flutter kick, build each 75 to 70 – 80% of max effort

12 x 25: choice kick, even 25s are all out

Interval A: @ 1:15/@:30

Interval B: @ 1:20/10 @:35

Interval C: @ 1:25/8 @ :40

1550

100: 50 scull/50 swim

1650

Swim Set #1:

4 x 50: choice, drill

6 x 100: IM, work turns!

3 x 200: no free IM

#1: 100 fly/50 back/50 breast

#2: 50 fly/100 back/50 breast

#3: 50 fly/50 back/100 breast

Interval A: @ 1:00/@1:40/@3:20

Interval B: @ 1:00/5 @ 1:50/@3:40

Interval C: @ 1:00/4 @ 2:00/@ 3:45

3050

100: 50 scull/50 swim

3150

Swim Set #2:

*intention is for you to push yourself through that feeling of being exhausted – dig deep!

4 x 100 free @ 200 pace (w/ minimal rest)

Interval A: @ 1:25

Interval B: @ 1:30

Interval C: @ 1:35 – 1:45

3550

Warm Down: 200 or more (get your heart rate back to resting status)

3750