

*Senior Intermediate/Advanced  
Practice Option*

Warm Up:

600: 200 free, 200 IM drill, 200 free @ you  
4 x 150: choice (50 swim, 50 drill, 50 swim) @ 2:20  
Focus on your stroke; no emphasis on speed  
8 x 25: choice – w/ KOs (kick outs) to the middle of the pool @ :35

1400

Kick Set:

4 x 75 flutter kick (all out on the middle 25; no boards - maintain streamline)  
8 x 25 choice kick (odds: smooth – but strong, evens: all out – think “whitewater” or max propulsion)  
Interval A: @ 1:15/@:30  
Interval B: @ 1:35/6 @:35  
Interval C: 2 @ 1:45/@:40

1900

100: 50 scull/50 swim

2000

Swim Set #1: Freestyle set

8 x 25: smooth – “perfect stroke”  
2 x 200: 60 – 70% of max effort – hold stroke  
1 x 400: negative split (do a ‘long’ turn at the 200 mark to get your time so that you can push yourself even further the second 200)  
Interval A: @:35/@2:40/@5:20  
Interval B: 6 @:40/@2:50/@5:40  
Interval C: 4 @:45/1 @3:00/@6:10 (?)

3000

100: 50 scull/50 swim

3100

Swim Set #2: IM set

1 x 300 IM smooth (middle 25 of the 75 of each stroke is freestyle)  
8 x 25 choice (@ :06 second sprint)  
Interval A: @5:00/@:35  
Interval B: @5:25/@:45

3600

Warm Down: 200 or more; get back to your resting heart rate

3800