

*Senior – Intermediate/Advanced
Practice Options*

Warm Up:

400 choice (mix it up) @ you
8 x 50 IMO, 2 each stroke (#1 & #2 are fly, #3 & #4 are back...) @ 1:00
12 ½ kick, 12 ½ swim, 12 ½ drill, 12 ½ fast
8 x 25 underwater harmonics (dolphin kick underwater – arms in streamline) @ :40
odds: on stomach, evens: on back

1000

Kick Set:

3 x
4 x 25 flutter kick – all out @ :25 / @ :20 / @ :25 / @ :30
100 breaststroke kick – active recovery, but focus on your DPK (distance per kick)

100: 50 scull/50 swim

1700

Set #1:

4 x 125 IM (double up a stroke – your choice, but the 50 stroke that you doubled up is all out)
@ 2:30

Ex. 50 fly all out, 25 back, 25 breast, 25 free

4 x 100 free (25 smooth, 50 fast, 25 smooth) @ 1:30

4 x 50 IMO (25 stroke all out, 25 active recovery free) @ 1:00

4 x 25 pick 1 stroke – each 25 is max effort w/ minimal rest @ :30

100: 50 scull/50 swim

3000

Set #2: “Broken 200s”

3 x

4 x 50

1st 50 is build, 2nd 50 is fast, 3rd 50 is all out, 4th 50 is “WYHL” (whatever you have left)

1 min rest (no active recovery – embrace that uncomfortable feeling)

1st round: freestyle @ :50

2nd round: choice @ 1:00

3rd round: freestyle @ :45

3600

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

3800 plus