*Platinum, Junior National, & National: Practice Ideas for 11.24.2020*

As a courtesy to all our community members, we encourage a 45-minute swim (max).

3 x 150 odds: freestyle – max DPD, even: 50 fly, 50 back, 50 breast @ 2:30 // @ 2:45

4 x 50 variable speed – choice @ 1:00

650

3 x 100 flutter kick (on back) – tight streamline w/ at least 4 – 6 dolphin kicks off each wall

@ 1:45 // @ 1:55 // @ 2:05

8 x 25 swim – choice: entire focus is on your underwaters & breakout speed @ :35 // @ :45

\*make each one count!

1150

Mini “Michael Phelps” Set

12 x 50 every 3rd 50 is max effort (stroke, no free); 1st two 50s can be free, but focus on walls @ :55 // @ 1:00

8 x 50 every other 50 is max effort (stroke, no free), odd 50s can be back, but focus on walls @ :50 // @ 1:05

4 x 50 all fast (stroke, no free)\* @ :45 // @ 1:10

\*challenge yourself to maintain max effort on all 4 50s with minimal rest;

heart rate should be between 24 – 26 for 10 seconds;

no break between rounds of 50s 😉

2350 plus warm down