*Platinum, Junior National, & National: Practice Ideas for 11.23.2020*

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

5 x 100 SKIPS (100 swim, 100 kick, 100 IM, 100 drill (stroke), 100 free) @ 1:45 // 1:55

4 x 50 variable speed – choice @ 1:00

700

4 x 75 odds: dolphin kick on back (build to fast)

evens: flutter kick on back (middle 25 is “rollercoaster”) @ 1:25 // @ 1:35 // @ 1:45

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

\*make each one count!

1200

Pick the stroke that you feel is the most challenging for you – likely the one that you like least...

4 x 25 odds: swim – focus on breakout speed

evens: 12 ½ all out, 12 ½ smooth free or back swim @ :30 // :40

4 x 50 same stroke that you did for the 25s

37 ½ fast (focus on breakout & speed in/out of turn), 12 ½ smooth free or back swim @ :50 // @ 1:00

4 x 75 freestyle swim

odds: 25 build / 25 fast (w/ ‘over kick’) / 25 all out @ 1:20 // @ 1:25 // @ 1:30

4 x 25 odds: swim – focus on finishing speed

Evens: 12 ½ smooth free or back, 12 ½ stroke all out (focus on ‘smart’ finish) @ :30 // @ :40

1900 plus warm down