*Platinum, Junior National, & National: Practice Ideas for 11.25.2020*

As a courtesy to all our community members, we encourage a 45-minute swim (max) if people are waiting to use the pool.

2 x 200 #1 – freestyle, max DPS @ 3:00 #2 – IM (kick/swim by 25) @ 3:30

4 x 50 variable speed – choice @ 1:00

600

6 x 50 odds: 25 alligator kick (can do flutter) / 25 flutter kick on back - fast

 evens: 25 fish kick / 25 dolphin kick on back - fast

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

 \*make each one count!

1100

16 x 25 4 each stroke, IMO – all fast

 1st 25 is on :25, 2nd 25 is on :30, 3rd 25 is on :35, 4th 25 is on :40 and then repeat for each stroke

 Or

 1st 25 is on :35, 2nd 25 is on :40, 3rd 25 is on :45, 4th 25 is on :50 and then repeat for each stroke

100 50 scull / 50 swim

1600

3 x 100 freestyle swim (find tempo) @ 1:20 // @ 1:30 // @ 1:40

3 x 50 stroke (no free); each one is max effort @ 1:00

 be aware of your times & perceived effort; hear rate between 22 - 26

3 x 150 odds: freestyle (50 smooth, 50 all out, 50 smooth) @ 2:15 // @ 2:25 // @ 2:35

 even: backstroke – smooth, max DPS w/ great kickouts @ 2:30 // @ 2:45

2500 plus warm down