*Platinum, Junior National, & National: Practice Ideas for 11.27.2020*

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

400 freestyle – smooth

4 x 50 variable speed – choice @ 1:00

600

Turkey Burner:

4 x 25 flutter kick – fast @ :30

4 x 75 25 flutter kick – fast, 50 free swim strong @ 1:20 // @ 1:30 // @ 1:40

4 x 25 flutter kick – fast :30

1100

1-minute break

(Pick the same stroke and stick with it for all 10 25s below)

5 x 25 stroke swim – fast @ :30 // @ :40

5 x 100 freestyle – all max effort

 @ 1:20 // @ 1:25 // @ 1:30

100 50 scull / 50 swim @ 2:00

5 x 25 stroke swim – all out @ 25 // @ :35

1-minute break

1950

4 x 25 flutter kick – fast @ :25

4 x 75 25 flutter kick – fast, 50 free swim strong @ 1:15 // @ 1:25 // @ 1:35

4 x 25 flutter kick – fast @ :25

2450 plus warm down

For the “Turkey Burner” set, you should only take a break where indicated 😊