

Practice 1:

300 warm up
12x25s odds: scull evens: drill
9x50s descend 1-3, 4-6, 7-9 on 1:10
8x125s FR on 2:30
8x50s BR kick on 1:20
4x25s sprint
200

Practice 2:

300 warm up
12x25s IM order descend each 4
10x50s 5 on 1:05, 5 on 1:00
6x100s IMs on 2:30
8x50s BK kick on 1:10
1x100 IM sprint
200

Practice 3:

300 warm up
12x25s odds: scull evens: drill
12x50s descend 1-3, 4-6, 7-9, 10-12 on 1:05
6x150s FR on 2:40 descend 1-3, 4-6
20x25s FL kick w/ fins on :40
8x25s sprint
200 easy

Practice 4:

400 warm up
16x25s on :30 (odds: drill, evens: breakout)
10x50s 5 on 1:00, 5 on :55
1x50, 1x75, 1x100, 1x125, 1x150, 1x175, 1x200 (odds: build, evens: breathing pattern every 5)
12x50s kick (odds: BK, evens: BR)
3x50s sprint
200 easy

Practice 5:

400 every 4th scull
9x50s IM changeovers on :55
8 x 100s Reverse IM on 1:45
24x25s FL kick w/ fins on :40
2x300s pull with paddles breathing pattern 3/5/7

4x25s sprint on :40
200 easy

Practice 6

400 every 4th drill
12x25s odds: scull evens: drill on :40
6x100s BR kick on 2:30
20x25s on :25
3x(4x100s FR descend 1:40/1:35/1:30/1:25)
6x100s pull with paddles on 1:40
2x50s sprint on 1:30
200 easy

Practice 7

400 every 4th kick
4x100s FR drill (figure 11 catch drill, figure 11 catch-up, 90 degree drill, 3 strokes right arm/ 3 left arm)
on 2:00
8x75s kick odds BK evens BR on 1:45
10x50s (5 on :55, 5 on :50)
32x25s IM order on :30
3x300s pull on 4:45
200 easy

Practice 8

4x100s swim on 1:45
8x25s scull on :40
20x25s pull with paddles on :25
1x200 breakouts on 3:10, 1x100 build on 1:40, 1x50 fast on 1:00
1x150 breakouts on 2:20, 1x75 build on 1:15, 1x25 sprint on :30
1x150 breakouts on 2:20, 1x75 build on 1:15, 1x25 sprint on :30
1x200 breakouts on 3:10, 1x100 build on 1:40, 1x50 fast on 1:00
28x25s FL kick on :30
8x25s (jump out of pool after each, 5 pushups at one end, 10 squats at other)
1x50 sprint
200 easy

Practice 9

400 every 4th kick
4x100s BK drill (shoulder roll (arms by side, right arm only, left arm only, 3 strokes each arm then switch)
on 2:00
8x100s kick FR on 2:15
12x50s (kick/swim, scull/dps, build) on :55

4x75s descend BK on 1:20
4x75s descend BR on 1:20
4x75s descend FR on 1:15
4x25s sprint fly on :30
2x400s pull on 6:30 (BP 3/5/7/5)
200 easy

Practice 10

4x100s swim on 1:45
8x25s scull on :40
24x25s pull with paddles on :25
16x50s (4 on 1:00, 4 on :55, 4 on :50, 4 on :45)
6x50s BR kick on 1:15
32x25s FL kick with fins on :40
200 easy

Practice 11

400 every 4th kick
10x50s 5 on :55, 5 on :50
16x50s IM order on :50
6x150s pull on 2:30
24x25s BK kick on :30
200 easy

Practice 12

4x100s swim on 1:45
9x50s IM changeovers on 1:00
8x75s FR descend 1-4, 5-8 on 1:30
6x100s FL kick with fins odd lap on back, evens on stomach on 1:50
3x400s pull on 6:30
200 easy