

## Gold Practices

### Practice 1

300 every 4<sup>th</sup> lap scull  
4x150s FR (kick/drill/swim by 50) on 3:30  
6x75s FR (25 kick streamline/50 build on 2:00  
4x50s under/overs on 1:30  
6x25s sprint machines  
12x25s ½ sprint kick, ½ swim on 1:15  
12 x 25s FR swim on 1:00  
8x50s with fins 25 ez/25 fast  
200 warm down 50 BR on back/50 choice

### Practice 2

100 SKIDS (swim, kick, IM, drill, swim)  
12 x25s FR drills (3 streamline kick, 3 catch up, 3 zipper, 3 full swim) on 1:00  
4x50s under/overs on 1:20  
6x25s sprint machines on :45  
2 x (100FR build on 2:30, 100BK last 25 fast on 2:30, 75FR build on 1:45, 75BK last 25 fast on 1:45, 50 FR build on 1:30, 50BK last 25 fast on 1:30, 25FR sprint on :45, 25BK easy on :45  
12x50s kick with fins alt BK/FR on 1:30  
150 easy

### Practice 3

5x100s swim choice on 2:30  
12x50s IM order kick on 1:45  
4x50s under/over on 1:15  
1xsprint machine (6x25s) on :45  
25 Stroke, 50 Free, 75 Stroke, 100 Free, 150 Stroke, 200 Free, 150 Stroke, 100 Free, 75 Stroke, 50 Free,  
25 Stroke all on :40 base per 25  
6x75s FR/FL/FR kick w/ board and fins on 1:45  
200 alt 50 BR on back / 50 choice

### Practice 4

4x100s odds FR evens kick on 2:30  
16x50s IM crossover drill on 1:30  
4x50s under/overs on 1:20  
1xsprint machine (6x25s on :45)  
6x100 IMs on 2:30  
5x100s kick with fins FR/FL by 25 on 2:00  
150 easy

### Practice 5

200 SKIDS

20x25s choice (5 scull, 5 stream line kick, 5 drill, 5 build) on :45

6x50s under/overs on 1:20

1xsprint machine on :40

2x(300 FR – at 200 pace on 7:00, 50 FL – 25kick / 25 swim on 1:30, 25 Choice sprint on :40, 25 EZ – choice on 1:20)

6x75s kick FR/FL/FR w/ board and fins on 1:45

Snake (in same lane. switch dryland exercises on each end of every lap (pushups, squats, crunches, etc)

100 (alternate 50 breast on back/50 choice)

### Practice 6

400FR every 4<sup>th</sup> lap scull

6x75s FR (kick/drill/swim) on 1:45

8x50s under/overs on 1:20

6x25s sprint machines on :40

16 x 25s IMO build (finish hard on the wall, don't breathe into the wall) on :45

50 ez,

12 x 25s free swim (2 fast / 1 ez) on :40

50 ez

8 x 50 choice neg. Split (hard finish inside the flags) on 1:00

50 ez

10x50 streamline kick with fins and board (25 ez/25 strong quiet kick) – alternate fly and free kick with each 50 on 1:15

150 DPS

### Practice 7

100 SKIDS

20 x 25s BK Drills (5 x streamline kick, 5 x kick shoulder rotation to chin, 5 x catchup (with a finish by thigh), 5 x swim – technique) on :45

8x50s under/overs on 1:20

6x25s sprint machines on :40

4 x 100 Free (walls, streamline, catch and finish) on 2:15

3 x 100 Breast (1 Mississippi glide) on 2:30

2 x 100 Bk (shoulder rotation, head position, walls) on 2:15

1 x 100 FL (timing, walls) on 2:15

1 x 100 choice - recovery

10x50 streamline bk kick with fins (25 quiet kick/25 sprint)

150 (alternate 50 breast on back/50 choice)

### Practice 8

5x100s choice on 2:30

12x50s IM 25 moderate/25 fast on 1:30

8x50s under/overs on 1:20

1xsprint machine (6x25s on :45)

3x 200 Fr (3<sup>rd</sup> 50 sprint, DPS rest of the way), 100 Bk (3<sup>rd</sup> 25 sprint), 50 Br (neg split), 25 Fl (sprint), 25 ez  
on :40 base per 25

4 x 100 breast kick (snap heels) on 2:30

150 (alternate 50 breast on back/50 choice)

#### Practice 9

4x100s odds FR evens kick on 2:30

16x50s IM crossover drill on 1:30

8x50s under/overs on 1:20

1xsprint machine (6x25s on :45)

8x100 IMs on 2:30

5x100s kick with fins FR/FL by 25 on 2:00

150 easy

#### Practice 10

100 SKIDS

20x25s choice (5 scull, 5 stream line kick, 5 drill, 5 build) on :45

8x50s under/overs on 1:20

6x25s sprint machines on :40

500 free breakouts on 10:00

100 ez

8 x 50 choice build on 1:30

100 ez

6x75s kick FL/FR/FL on 1:45

100 easy

#### Practice 11

100 SKIDS

12x50 IM crossovers 2-turn on 1:30

8x50s (4 on 1:20, 4 on 1:10)

8x100 Reverse IMs on 2:30

20x25s w/ fins odds FL evens BK

200 easy

#### Practice 12

4x100s odds FR evens kick on 2:30

4x75s (kick/drill/swim) IM order

6x25s (2 fast / 1 easy)

2x(300 FR breakouts on 10:00, 3x100s FR descend on 2:15)

8x50s BR kick on 1:20

150 (alternate 50 breast on back/50 choice)

#### Practice 13

400FR every 4<sup>th</sup> lap scull

6x75s FR (kick/drill/swim) on 1:45

8x50s under/overs on 1:20  
6x25s sprint machines on :40

4x125 IMs alt 50s of stroke on 3:00  
6x100s kick FR on 2:30  
200 easy

#### Practice 14

100 SKIDS  
12x50 IM crossovers 2-turn on 1:30  
8x50s (4 on 1:15, 4 on 1:05)  
4x50s under/overs on 1:20  
6x125s with fins (FL kick, BK swim, FL swim, BK swim, FL kick) on 3:00  
20x25s BR kick  
200 easy

#### Practice 15

4x100s odds FR evens kick on 2:30  
4x75s (kick/drill/swim) IM order  
6x25s (2 fast / 1 easy)  
2x(400 FR breakouts on 12:00, 4x100s FR descend on 2:15)  
8x50s BK kick on 1:20  
150 (alternate 50 breast on back/50 choice)