

## Silver Practices

### Practice 1

200 every 4<sup>th</sup> lap scull  
4x75s FR (kick, drill, swim) on 2:00  
6x50s under/overs (25 kick streamline/50 build) on 1:45  
6x25s sprint machines on :50  
12x25s ½ sprint kick, ½ swim on 1:15  
12 x 25s FR swim on 1:00  
4x50s with fins 25 ez/25 fast on 1:30  
150 warm down 50 BR on back/50 choice

### Practice 2

100 SKDS (swim, kick, drill, swim)  
12 x25s FR drills (3 streamline kick, 3 catch up, 3 zipper, 3 full swim) on 1:00  
4x50s under/overs on 1:45  
6x25s sprint machines on :50  
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  
6x50s kick with fins alt FL/FR on 1:30  
150 easy

### Practice 3

4x100s swim choice on 2:30  
8x50s IM order kick on 1:45  
4x50s under/over on 1:30  
1xsprint machine (6x25s) on :50  
25 Stroke, 50 Free, 75 Stroke, 100 Free, 75 Stroke, 50 Free, 25 Stroke all on :45 base per 25  
6x75s FR/FL/FR kick w/ board and fins on 1:45  
150 alt 50 BR on back / 50 choice

### Practice 4

4x100s odds FR evens kick on 2:30  
8x50s IM crossover drill on 1:30  
6x50s under/overs on 1:30  
1xsprint machine (6x25s on :40)  
4x100 IMs on 2:45  
3x100s kick with fins FR/FL by 25 on 2:00  
150 easy

### Practice 5

100 SKIDS

16x25s choice (4 scull, 4 stream line kick, 4 drill, 4 build) on :45

6x50s under/overs on 1:30

1xsprint machine on :45

2x(200 FR – at 200 pace on 6:30, 50 FL – 25kick / 25 swim on 1:45, 25 Choice sprint on :45, 25 EZ – choice on 1:30)

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

4x75s FR (kick/drill/swim) on 2:00

6x50s under/overs on 1:30

6x25s sprint machines on :45

12 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 :45

50 ez

6 x 50 choice neg. Split (hard finish inside the flags) on 1:20

50 ez

10x50 streamline kick with fins and board (25 ez/25 strong quiet kick) – alternate fly and free kick with each 50 on 1:30

150 DPS

### Practice 7

100 SKIDS

16 x 25s BK Drills (4 x streamline kick, 4 x kick shoulder rotation to chin, 4 x catchup (with a finish by thigh), 4 x swim – technique) on :45

6x50s under/overs on 1:20

6x25s sprint machines on :45

3 x 100 Free (walls, streamline, catch and finish) on 2:30

2 x 100 Breast (1 Mississippi glide) on 2:50

1 x 100 Bk (shoulder rotation, head position, walls) on 2:30

1 x 50 FL (timing, walls) on 1:30

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

4x100s choice on 2:30

8x50s IM 25 moderate/25 fast on 1:45

8x50s under/overs on 1:30

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 :45 base per 25

4 x 100 breast kick (snap heels) on 2:45  
150 (alternate 50 breast on back/50 choice)

#### Practice 9

4x100s odds FR evens kick on 2:30  
12x50s IM crossover drill on 1:45  
6x50s under/overs on 1:30  
1xsprint machine (6x25s on :45)  
6x100 IMs on 2:45  
5x100s kick with fins FR/FL by 25 on 2:20  
150 easy

#### Practice 10

100 SKIDS  
16x25s choice (4 scull, 4 stream line kick, 4 drill, 4 build) on :45  
6x50s under/overs on 1:30  
6x25s sprint machines on :45  
400 free breakouts on 9:00  
100 ez  
6 x 50 choice build on 1:30  
100 ez  
6x75s kick FL/FR/FL on 1:45  
100 easy

#### Practice 11

100 SKIDS  
8x50 IM crossovers 2-turn on 1:45  
6x50s (3 on 1:30, 3 on 1:20)  
6x100 Reverse IMs on 2:45  
20x25s w/ fins odds FL evens BK on 1:00  
200 easy

#### Practice 12

4x100s odds FR evens kick on 2:30  
4x75s (kick/drill/swim) IM order on 2:15  
6x25s (2 fast / 1 easy) on :45  
2x(200 FR breakouts on 4:00, 3x100s FR descend on 2:30)  
8x50s BR kick on 1:30  
150 (alternate 50 breast on back/50 choice)

#### Practice 13

400FR every 4<sup>th</sup> lap scull  
4x75s FR (kick/drill/swim) on 2:00  
8x50s under/overs on 1:30  
6x25s sprint machines on :40

4x125 IMs alt 50s of stroke on 3:30

5x100s kick FR on 2:30

200 easy

#### Practice 14

100 SKIDS

8x50 IM crossovers 2-turn on 1:30

6x50s (3 on 1:25, 3 on 1:15)

4x50s under/overs on 1:30

4x125s with fins (FL kick, BK swim, FL swim, BK swim, FL kick) on 3:20

20x25s BR kick on :45

200 easy

#### Practice 15

4x100s odds FR evens kick on 2:30

4x75s (kick/drill/swim) IM order on 2:00

6x25s (2 fast / 1 easy) on :45

2x(300 FR breakouts on 9:00, 3x100s FR descend on 2:30)

8x50s BK kick on 1:30

150 (alternate 50 breast on back/50 choice)