



## Senior Sample Practices

	Practice #1	Practice #2	Practice #3
<b>Focus:</b>	Aerobic Build-Up	IM & Applying IM Crossover Turn	Power, Kick & Sprint Groups
<b>Warm-Up:</b>	400 swim – loosen @5 6x50 scull k/drill @1:00 4x75 50 Fist Drill/25 2FP @1:20 100 Pull – Min Stroke Count @2	400 swim – loosen 8x50 FKOB/FKOS w/fins @:50 3x100 Pull w/pad+snork; Desc 1-3 @1:20/1:30 5x50 Choice: Desc 1-5 @:50	400 Alt: 50 Free+50 Prime 8x50 Kick/Drill Choice @1:00 8x50 Fast/EZ, EZ/Fast @:50 4 Starts
<b>Pre-Set:</b>	<u>3 Rounds:</u> 100 Kick/Drill/Kick/Drill 4x25 Prime: Desc 1-4 @:30; <i>Count Strokes on #1, as you descend, do not go over stroke count!</i> 100 Pull – DPS @2	<u>Turn Tuesday:</u> 8x25 Lane Line Crossover Drill @:50 8x25 Fast Flags: Bk to BR @:40  9x50 Bk/BR; Apply IM Crossover Turn 3@:55 3@:50 3@:45 3x100 IM; Desc 1-3 applying crossover turn @1:30	<u>2 Rounds:</u> 1x25 w/chute/belt @:45 1x50 w/chute/belt @1:15 1x75 w/chute/belt @1:45 1x100 w/chute/belt @2:00 <i>1:00R, add fins, remove resistance</i> 1x75 overspeed w/fins (opt tempo trainer) @1:45 1x50 overspeed w/fins (opt tempo trainer) @1:15 1x25 overspeed w/fins (opt tempo trainer) @:45 1:00R
<b>Main-Set</b>	2x250 Pull w/ pad + snork; Desc by 50 @3:45 3x100 Make @1:05-1:20 2x50 Free Drill @:50  2x200 Pull w/ pad + snork; Desc by 50 @3 5x100 Make @1:10-1:25 2x50 Free Drill @:50  2x150 Pull w/ pad + snork; Desc by 50 @2:15 7x100 Make @1:15-1:30 2x50 Free Drill @:50	<u>4 Rounds:</u> 3x100 See Notes <i>Rd1: 25 fast fly/75 Smooth Free @1:35</i> <i>Rd2: 50 fast back/50 Smooth Free @1:40</i> <i>Rd3: 75 fast breast/25 Smooth Free @1:45</i> <i>Rd4: 100 IM RP @2</i> 100 EZ@2 + 1:00R	4x100: Last 25 = fast kick @1:30 4x25 MAX Kick @:30  3x100: Last 50 = fast kick @1:40 4x25 MAX Kick @:35  2x100: Last 75 = fast kick @1:50 4x25 MAX Kick @:40  1x100 Kick FOR TIME @2
<b>Cool-down:</b>	5x50 EZ @:50	5x50 K/D @:55	3x100 EZ @1:30