GCY PRACTICE – Friday Meet Swimmers see backside!
DATE: Thursday, December 10th, 2020

Level 1 (Age Group/Senior Prep, some Masters) -2000 + yards

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
600 Swim/Kick/Drill Mix Do as 100 Swim/25 KOB/25 Drill x 4, odd rounds FREE only, EVEN rounds STROKE only	10 x 50's Swim w/ Fins @ 1:00 Free/Back x 25 max UWDK's on backstroke	2x 200 Freestyle Swim 150 KWB 100 IM Swim 50 KWB Straight thru :30 Rest Between Rounds!	?x 1 x 100 Breast Swim work Press/Up Kick 1 x 50 Fly Drill/Swim x 25, DRILL = Triple Press Stoneskipper	100 DK Skull with fins + Snorkel

Level 2 (Senior Prep, NP, Senior Sprint, some Masters) – 3000+ yards

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
800 Swim/Kick/Drill Mix Do as 100 Swim/50 Kick/50 Drill x 4, odd rounds FREE only, EVEN rounds STROKE only	16 x 50's Swim w/ Fins @ :55 Free/Back x 25 max UWDK's on backstroke	3x 200 Freestyle Swim 150 KWB 100 IM Swim 50 KWB Straight thru :30 Rest Between Rounds!	?x 1 x 150 Breast Swim work Press/Up Kick 1 x 100 Fly Drill/Swim x 25, DRILL = Triple Press Stoneskipper	100 DK Skull with fins + Snorkel

Level 3 (National Prep, National 1&2, some Masters/Sr Sprint)- 5000+ yards

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
500 Swim 400 Kick w/ Fins 300 Free Pull 200 IM Drills 100 Skull	24 x 50's Swim w/ Fins @ :50 Free/Back x 25 max UWDK's on backstroke	4x 200 Freestyle Swim 150 KWB 100 IM Swim 50 KWB Straight thru @ 7:30	?x 1 x 200 Breast Swim work Press/Up Kick 1 x 100 Fly Drill/Swim x 25, DRILL = Triple Press Stoneskipper	100 DK Skull with fins + Snorkel

Pre-Meet Practice

Warm-Up:

400 Free

300 Back

200 Breast

100 Fly

(1st 75 is swim or drill, last 25 each 100 is KOB)

Other:

4 x 50's Free 80 percent threshold @ :45

8 x 25's IM Odds Drill Evens Swim, work breakouts

100 EZ