GCY COVID-19 PRACTICE
DATE: Thursday, June 11th

Overlap on level description is intentional, modify as needed to complete within allotted time length for your practice, coaches on deck will help guide you and give you corrective feedback. There are no meets on the horizon, this is the time to make positive changes in your technique and build correct habits.

Level 1 (Suggest levels Age Group/Senior Prep, some Masters) -2000 yards/meters

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
2x 100 Freestyle (3/4 C-up) 200 Kick w/ Fins (50 flutter/50 DK)	12 x 25's Backstroke	4x 75 Fr 50 KOB MAX UWDK's 25 Fast (IMO by Rd)	12 x 15m UWDK's for time w/ fins w/ 25 EZ @ GO!	50 DK Skull

Level 2 (Senior Prep, Senior Sprint, National, some Masters) – 2500 yards/meters

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
2x 200 Freestyle (3/4 C-up) 200 Kick w/ Fins (50 flutter/50 DK)	8 x 50's Backstroke	8x 75 Fr 50 KOB MAX UWDK's 25 Fast (IMO by Rd)	12 x15m UWDK's for time w/ fins w/ 25 EZ @:45	100 DK Skull w/ Snorkel

Level 3 (National Prep, National 1&2, some Masters)- 4600 yards/meters

Warm-Up	Pre-Set	Main Set	Post Set	Cool Down
2x 400 Freestyle (3/4 C-up) 400 Kick w/ Fins (50 flutter/50 DK) (Rd 1 Board – Rd 2 on back)	12 x 75's Back Odds Kick-Drill-Swim Evens Build Descends 2-4-6 then 8-10-12 1:10	8x 125 Fr 50 KOB MAX UWDK's 25 Fast (IMO by Rd) 1:40/1:00/:40	12 x 15m UWDK's for time w/ fins w/ 25 EZ @:40	200 DK Skull w/ Snorkel plus short fins