GCY PRACTICE

DATE: Thursday, June 3rd - Afternoon at GAC – LONG COURSE ☺

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

Warm-Up	Pre-Set	Main Set (10 min)	Post Set	Other (6)
4 x 100's 1st Fr Swim 2nd FR KWB 3rd CH Swim 4th CH Kick (no fins on the kick)	2x 50 Fly–10 Press Outs 50 Back–10 Dips 50 Breast–10 Squat Jumps 50 Free–10 Push-Ups Quality Reps, everything from a dive, at 2min, 10 sec back Go off block or side	50 Free @ 1:00 100 BR/FR @ 2:00 150 BK/BR/FR @ 3:00 ***1 x 200 IM FAST @ 4:00***	1 x 200 Drill Work w/ Fins	100 EZ

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

Warm-Up (14)	Pre-Set (24)	Main Set (22 min)	Post Set	Other (5)
8 x 100's 1st Fr Swim 2nd FR KWB 3rd CH Swim 4th CH Kick (repeat for a total of 8, no fins on the kick)	3x 50 Fly–10 Press Outs 50 Back–10 Dips 50 Breast–10 Squat Jumps 50 Free–10 Push-Ups Quality Reps, everything from a dive, at 2min, 10 sec back Go off block or side	50 Fly @ 1:00 100 Fly/BK @ 2:00 150 Fly/BK/BR @ 3:00 ***1 x 200 IM FAST @ 4:00*** 50 Free @ 1:00 100 BR/FR @ 2:00 150 BK/BR/FR @ 3:00 ***6 x 50 Fr @ 1:00*** ***Descend 1-3/4-6***	1 x 200 Drill Work w/ Fins	100 EZ

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

Warm-Up (14)	Pre-Set (32)	Main Set (38 min)	Post Set (18)	Other
8 x 100's 1st Fr Swim 2nd FR KWB 3rd CH Swim 4th CH Kick (repeat for a total of 8, no fins on the kick)	4x 50 Fly–10 Press Outs 50 Back–10 Dips 50 Breast–10 Squat Jumps 50 Free–10 Push-Ups Quality Reps, everything from a dive, at 2min, 10 sec back Go off block or side	2x 50 Fly @ :50 100 Fly/BK @ 1:40 150 Fly/BK/BR @ 2:30 ***1 x 200 IM FAST @ 3:30*** 50 Free @ :50 100 BR/FR @ 1:40 150 BK/BR/FR @ 2:30 ***6 x 50 Fr @ :50*** ***Descend 1-3/4-6*** ---Take :30---	3 x 400 Swim w/ Fins @ 6:00 #1 – Kick #2 – Swim #3 – Sprint/Fast Any stroke(s)	100 EZ