GCY’s USRPT set of the day (ALL GROUPS in NAT 1/2):

1 x 200 Swim @ 3:30 LOOSEN-UP
12 x 25’s @ :30 Freestyle USRPT --- FAST ---
4 x 50’s @ 1:00 Aerobic Recovery (Body Line)
4 x 50’s @ 1:00 Specialty Stroke USRPT --- FAST ---
2 x 150 Freestyle @ 2:30 Aerobic Recovery (Body Line)
3 x 150 Freestyle @ 2:00 200 RACE PACE --- FAST ---
4 x 50’s @ 1:15 Aerobic Recovery (Body Line)
12 x 25’s @ :40 Specialty Stroke or Free USRPT --- FAST ---
Rehearse meet standards

Fly – Delay DKs to start under flags, first stroke ALWAYS w/out a breath, practice every other breathing, keep CC consistent

Back – Rehearse back start from wall (not block), dial in on breakout angle (start underwater), keep DK’s consistent, keep stroke rate at 1.3-1.4, rehearse legal fast finish

Breast – Use first four (1-4) to build into your top breaststroke, keep pullouts to first red (most advanced swimmers feet past first red), keep cc consistent, start pull at peak speed as kick finishes. Press and shoots, shoots stay horizontal, full extension every cycle, meet finish, eyes down underwater.

Freestyle – Odds work 50 breathing style where you minimize breaths to maybe 2-3 total for the 25, evens sprint still but sprint with breathing pattern you plan to use for your 100s/200s. ALL breakouts without breathing, ALL finishes flags to wall without breathing. OPEN freestyles with arms almost straight over the top.