

February 2, 2007

Dear Coaches,

We are going to occasionally share interesting practices from outstanding athletes. Some of these you might want to try this year or file for next year. The FAST is up to you.

Amanda Weir is doing some IMPRESSIVE work! Thanks to Chris Davis for sharing this with all of us.

I hope you will be willing to send me "the impressive" that I can share with others. This is Randy Reese's idea and a good one for all of us.

Thank you for your commitment to American Swimming Excellence.
"Gold tastes better,"

Mark E. Schubert
National Team Head Coach
USA Swimming

Short Course Yards

2000 Warm-up	(2k)	Coach Chris Davis
4 x 500 pull buoy and tube no paddles on 5:50 (just make)	(2k)	
1 x 400 pull buoy only breath every 5		
1 x 300 FR on 3:15		
1 x 300 FR on 3:10		
1 x 300 FR on 3:05		
Above set x 4 continuously with no extra rest between sets.	(5200)	
Swim Down 300	(300)	
TOTAL-9,500 yards		

Long Course Meters

2000 Warm-up	(2k)
20 x 100 on 1:20 (just make)	(2k)
1 x 400 on 5:00	
5 x 100 on 1:25	
1 x 400 on 4:55	
4 x 100 on 1:25	
1 x 400 on 4:50	
3 x 100 on 1:25	
1 x 400 on 4:45	
2 x 100 on 1:25	
1 x 400 on 4:40	
1 x 100 on 1:25	
1 x 400 on 4:35	(3900)
easy 300	(300)
TOTAL Meters-8,200	