Gold Practice: 1/2/17

**Warm-up: (1400)**

-1x400 50 UW recovery/50 swim

-6x50 @1:00 Open book Free style

-6x50 @1:05 body position kick to black line, swim rest of way

-6x50 @1:05 25 Rotation kick/25 3 second switch (hard kick)

-1x100 Perfect Swim

**Main Set: (1600)**

5x200 @2:50/3:00/3:10 Free

1/3/5: Descend

2/4: Negative Split

3x

-4x50 @1:00

-1:00 break

Round 1: Descend to 200 Pace

Round 2: Build each one and hit 200 Pace

Round 3: +2, +1, 200 Pace, Faster than 200 pace

**Kick Set:**

2x

-4x50 @1:00/1:10 Shooter w/ snorkel Sprint last 10 yards

-3x50 @1:00/1:10 Kick best average

-2x25 @:40 All out flutter kick

-8x25 @:45 All out Free (1 breath)

-1x50 All out

-Warm down

Warm-Up:

-5x100 @:10 rest One leg/one arm

-8x50 @1:00 w/ snorkel: ½ shooter kick/ 1/2 fast

-6x50 @1:00 Build to sprint: paddles and fins

-8x25 @:30 ½ fast, ½ easy

Pre-Set:

-6x25 @:35 Fly w/ snorkel and free kick

3x

-3x50 @1:00 25 fly easy speed/25 Back Fast

-4x25 @:35 Odd: UW kick fast to black line, Even: UW to black line 3 cycles fast

Main Set: (about 2,000)

2x

-1x10:00 25 Free cruise/25 fly fast

-4x50 @1:15 Descend 1-4 (Major for Gold)

-1x100 @:10 rest Broken (Major for Gold)

Gold Practice: 1/9/18

Warm-up: (1500)

6x

-1x100 Swim w/ the stick

-1x50 Perfect Free applying

3x

w/ stick

-4x25 @:35 All out kick (4 breaths)

-1x50 @1:10 Kick on side

-3x50 @1:00 Kick w/ board: Descend 1-3

Main Set: (1600)

-5x100 @1:25/1:30/1:35 Negative Split

-1x50 easy

-5x100 @:10 rest Broken 500

-1x50 easy

-5x100 @1:50 Best Average

Post Set: (About 1,000)

-8x50 @1:15 Drill build (Pick 1 or 2 strokes)

-8x25 @:40 Fast pull (Pick one stroke)

-8x25 @:45 Speed Drill (Pick one stroke)

-4-8x25 Fast off the blocks (All choice)

**Gold Practice: 02/06/17**

-Warm-up: (1200)

-6x

-w/ snorkel and fins

-on 4th person

-1x75 Perfect body position and rotation

-1x100 50 Rotation kick/50 swim with strong kick and rotation

-1x25 Overkick

Pre-Set: (1000)

-6x125 @2:30 75 kick fast/25 Free race/ 25 easy

-10x25 @:40 w/ fins: ½ kick fast, ½ swim fast

-Main Set: (1500)

2x

-4x100 @1:25/1:30/1:35 D1-4

-1:00 break

2x

-4x50 @1:00 Best AVG

-1:00 break

-4x75 @2:00 All out Race (

Great Walls

Gold Practice: 12/23/17

Warm-up: (900)

-1x400 Deep end: 6 fast UW kick, Shallow: power push

-4x50 @1:05 One arm free: alternate breathing

-4x50 @1:05 UW recovery with buoy

-4x25 @:10 rest Feet First scull

Fly Drills: (700)

-4x25 @:40 Fly with snorkel and flutter kick

-4x25 @:40 Dolphin drill

-4x50 @1:10 2/2/2

-12x25 @:40 Fly Strong

Main Set: (1200)

1. Major, 2. Second Stroke, 3. Free, 4. Major

4x

3x50 @1:10 200 Pace

1x100 @1:40 Free Negative Split

2x25 @:40 Faster than 200 Pace

Kick Set:

2x

-4x50 @1:05/1:10 Fly kick on side

-4x50 @1:05/1:10 Back streamline kick fast

-4x25 @:40 Max UW

**Gold Practice: 12/26/17**

**-Warm-up: (1000)**

-5x100 @:10 rest One arm free

-5x100 @:10 rest 50 double tap/50 swim

**Pull Set: (600)**

-4x50 @1:05 UW recovery w/ buoy

-4x100 @1:40/1:50 Pull w/ paddles and legs crossed

**Main Set: (2500)**

-1x400/500 @6:30/7:10/7:30 Free swim strong (make interval)

-4x25 @:45 Kick fast w/ board

-:30 extra rest

-1x400 @5:40/6:00/6:20 Free swim strong (make interval)

-6x25 @:45 Kick fast w/ board

-:30 extra rest

-1x300 @4:15/4:30/4:45 Free swim strong (make the interval)

-8x25 @:45 Kick fast w/ board

-:30 extra rest

-1x200 @2:50/3:00/3:10 Free swim strong (make the interval)

-10x25 @:45 Kick fast w/ board

-:30 extra rest

-1x100 @1:25/1:30/1:35 Free swim strong make the interval

-12x25 @:45 Kick fast w/ board

-:30 extra rest

Gold Practice: 12/31/17

-1x500 75 swim/25 front scull/25 high elbow scull

-1x6:00 Breast kick: 50 w/ bouy, 50 on back w/ board

-6x:30 vertical breast kick, :15 rest in between each

-8x25 @:40 3 monkey claps, into breast w/ free kick

-8x50 @1:10 25 pull-pause-kick/25 breast

Main Set:

-3x100 @:20 rest IM Transition by 50

-3x100 @:20 rest Free/IMO race

-4x50 @:15 rest Fly/BK

-4x50 @:15 rest Br/shooter kick

-3x100 @:20 rest IM Pull

1x175 IM fast off blocks (best 200 IM time)

1x75 easy

1x75 Free Fast off blocks

1x75 easy