

# *SNOW Swimming Meet*

## *Warm Up*

### Short Course: (1900-2000 yards)

600 choice  
8x75 as follows... (2 all kick @1:30, 2 kick/swim/kick @1:25, 2 swim/kick/swim @1:20, 2 all swim @1:15)  
4x50 choice swim @:50 (build speed)  
4x50 choice swim @:50 (speed play. fast/easy/fast or easy/fast/easy)  
4x50 choice swim @:50 (pace work)  
100 easy  
2x dive walk arounds

### Long Course: (1900-2000 meters)

600 choice  
6x100 as follows... (2 all kick @2:00, 2 75 kick, 25 swim @2:00, 2 50 kick, 50 swim @2:00)  
4x50 choice swim @:55 (build speed)  
4x50 choice swim @:55 (speed play. fast/easy/fast or easy/fast/easy)  
4x50 choice swim @:55 (pace work)  
100 easy  
2x dive walk arounds

### With Time Constrictions: (25 minutes or less. 1400-1500 yards/meters)

600 choice  
6x75 or 4x100 (same intervals just skip the last 2)  
4x50 choice swim @:50/55 (speed play. fast/easy/fast or easy/fast/easy)  
4x50 choice swim @:50/55 (pace work) --or-- dive walk arounds (depending on your races for the day)