

AG 1

Sample Practices

Pick One from each Category you have 3 choices

They should be swimming 1500 to 2500 yards...

Warm UP- Easy! Stretch it out!

200 Swim

100 Kick

300yds

Drill / Warm Up Set- 50% Effort – Concentrate on Technique

#1- Freestyle

25 yds – Kick on Side 1 Pull

50 yds – Side Super Shark

75 yds – Long Axis Combo Drill

100 yds- 100% Catch up

750yds

3 Times with 10- 20 seconds rest

#2- Stroke

4 x 75's Kick- Drill – Swim; by 25's

6 x 50's Combo Drill

8 x 25's Build

800yds

10-20 seconds rest

#3- IM

2 x 300 IM Kick- Drill - Swim by 25's

2 x 200 IM's Drill – Swim by 25's

1000yds

10-20 seconds rest

Main Sets

#1- Freestyle – Stroke – Mix

100 Medium Pace– 75% effort 10 seconds rest

50 Build to 90% effort

25 Sprint – 110% effort, 2 breaths

25 Easy

3 to 4 times; rest 30 seconds to 1 minute between sets

3- 600yds

4- 800yds

#2- IM

3 x 100 IM's build by 25's to 100% effort – Rest 10 seconds

1 Minute Rest

9 x 50's IM Transitions (Fly/Back; Back/Breast; Breast/Free)

100 % effort – Rest 20 seconds

750yds

#3- Free – Stroke – Mix

6 x 100's #1 – Sprint 1st 50, Distance per Stroke (DPS) 2nd 50

 #2 – Sprint middle 50, DPS 1st & last 25's

 #3 – DPS 1st 50, Sprint last 50

 Times 2 – Rest 20 seconds; Can switch b/n FR & STR

4 x 50's 25 Sprint / 25 DPS – 25 DPS / 25 Sprint

 Times 2 – Rest 20 Seconds

800yds

Kick Set

6 x 50's Fast / Moderate

300yds

Cool Down

100 EASY!