

## SILVER PRACTICES

### Easy #1

100Swim – 100Kick – 100IM Swim  
4 x 50 Free w/15rest> Focus on steam line kick down & swim back  
4 x 50 Back w/15”> Focus on head led kick down & swim back  
4 x 50 Fly w/15rest> Focus on head led pulse down & swim back  
4 x 50 Breast w/15”> Focus on steam line kick down & swim back  
100 warm down 1200

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### Easy #2

300Swim (alternate 25Free – 25Choice)  
3 x 100 w/20 rest> 50Fly – 50Back (10second rest at 50’s)  
3 x 100 w/20 rest> 50Back – 50Breast (10sec rest at 50’s)  
3 x 100 w/20 rest> 50Breast – 50Free (10sec rest at 50’s)  
100 warm down 1300

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### Moderate #1

Warm-up> 200 Free (bilateral breathing) / 100 Kick  
  
200 Ladder resting for 20 seconds after each distance  
50- 100- 150- 200- 150- 100- 50 All Free  
  
6 x 50 Kick w/15 rest Even= Free; Odd- Stroke  
  
150 warm down 1550

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### Moderate #2

Warm-up> 300 total (50Swim – 50Kick x 3) your choice of strokes  
  
4 x 150’s w/15 rest after each 50> 50 Easy – 50 Moderate – 50 Fast Choice of strokes  
  
8 x 50 w/20 rest> 25 Easy – 25 Fast Choice of strokes  
  
200 warm down 1500