

Practice #1 – 3050 yards/meters		
Warm-up:	800 swim	<ul style="list-style-type: none"> <li>• choice</li> <li>• rest 20 sec after each 200</li> </ul>
Pre-set:	6 x 75 free / kick	<ul style="list-style-type: none"> <li>• 50 free / 25 kick</li> <li>• rest 20 sec between 75s</li> </ul>
Main set 1:	12 x 100 free (3 sets of 4 x 100)	<ul style="list-style-type: none"> <li>• 10:00 for each set of 4 x 100 (base of 2:30/100)</li> <li>• rest 30 sec after the 1<sup>st</sup> 100</li> <li>• rest 20 sec after the 2<sup>nd</sup> 100</li> <li>• rest 10 sec after the 3<sup>rd</sup> 100</li> <li>• after the 4<sup>th</sup> 100, rest for the remaining 10:00</li> </ul>
Main set 2:	12 x 25	<ul style="list-style-type: none"> <li>• easy on 1, 4, 7, 10</li> <li>• build on 2, 5, 8, 11</li> <li>• fast on 3, 6, 9, 12</li> </ul>
Warm-down:	6 x 50 back on 1:15	<ul style="list-style-type: none"> <li>• easy</li> <li>• focus on stretching shoulders &amp; reach for the sky</li> </ul>

Practice #2 – 3000 yards/meters		
Warm-up:	800 free	<ul style="list-style-type: none"> <li>• every 4<sup>th</sup> 25 – no free</li> <li>• rest 10 sec after each 100</li> </ul>
Pre-set:	8 x 50 drill	<ul style="list-style-type: none"> <li>• 25 scull / 25 swim</li> <li>• rest 15 sec between 50s</li> </ul>
Main set 1:	5 x 200 free	<ul style="list-style-type: none"> <li>• easy &amp; smooth on the 1<sup>st</sup> 100</li> <li>• build-up the 3<sup>rd</sup> 50</li> <li>• fast on the 4<sup>th</sup> 50</li> <li>• rest 30 sec between 200s</li> </ul>
Main set 2:	8 x 50 free	<ul style="list-style-type: none"> <li>• odds – fast on :45</li> <li>• evens – easy on 1:15</li> </ul>
Warm-down:	6 x 50 breast on 1:15	<ul style="list-style-type: none"> <li>• easy – focus on streamlines off walls &amp; finishing you kick</li> </ul>

Practice #3 – 3100 yards/meters		
Warm-up:	800 swim/kick	<ul style="list-style-type: none"> <li>• alternate 150 free / 50 kick</li> </ul>
Pre-set:	12 x 25 free	<ul style="list-style-type: none"> <li>• focus on good streamlines off walls</li> <li>• keep strokes smooth &amp; your head down (relaxed)</li> <li>• rest 10-15 sec between 25s</li> </ul>
Main set 1:	3 x 300 free	<ul style="list-style-type: none"> <li>• balanced breathing</li> <li>• breathe every 3, 5, or 7</li> <li>• work on DPS (distance per stroke) on each 300</li> <li>• rest 1:00 between 300s</li> </ul>
Main set 2:	3 x 50 free	<ul style="list-style-type: none"> <li>• fast w/ 10 sec rest</li> </ul>
	3 x 50 easy on 1:20	<ul style="list-style-type: none"> <li>• 1 – fly/back, 2 – back/breast, 3 – breast/free</li> </ul>
	3 x 50 free	<ul style="list-style-type: none"> <li>• fast w/ 10 sec rest</li> </ul>
	3 x 50 easy on 1:20	<ul style="list-style-type: none"> <li>• 1 – fly/back, 2 – back/breast, 3 – breast/free</li> </ul>
	3 x 50 free	<ul style="list-style-type: none"> <li>• fast w/ 10 sec rest</li> </ul>
	3 x 50 easy on 1:20	<ul style="list-style-type: none"> <li>• 1 – fly/back, 2 – back/breast, 3 – breast/free</li> </ul>
Warm-down	200 choice	<ul style="list-style-type: none"> <li>• easy swim</li> </ul>