

Practice for Monday, Jan 17th

Equipment needed: kick-board (KB) & pull-buoy (PB)

Warm-up w/ a few easy pyramids: (800 yd)

- 1) 50 free (:10 rest)
- 2) 75 pull-scutt-pull w/ PB (:20 rest)
- 3) 100 choice kick w/ PB (:30 rest)
- 4) 75 pull-scutt-pull w/ PB (:20 rest)
- 5) 50 free (:10 rest)
- 6) 75 stroke (:20 rest)
- 7) 100 choice kick w/ KB (:20 rest)
- 8) 75 stroke (:20 rest)
- 9) 50 free (:10 rest)
- 10) 75 fly-back-breast (:20 rest)
- 11) 100 choice kick w/ KB (:30 rest)
- 12) 75 fly-back-breast (:20 rest)
- 13) 50 free (1:00 rest, then go to main set)

Main set: (major stroke or free) (1900 yd)

- 1) 100 @ moderate pace w/ good streamlines, turns, & technique (:30 rest)
- 2) 2 x 75 – fast (:30 rest after each 75)
- 3) 100 @ moderate pace w/ good streamlines, turns, & technique (:30 rest)
- 4) 3 x 50 – fast (:20 rest after each 50)
- 5) 100 @ moderate pace w/ good streamlines, turns, & technique (:30 rest)
- 6) 6 x 25 – fast (:10 rest after each 25)
- 7) 200 easy free w/ PB (1:00 rest, then repeat set w/ same or different stroke)

Warm-down: (800 yd)

- 1) 100 kick w/ KB – go hard free kick on 1st 25, then easy on remaining 75
- 2) 100 w/ PB – alternate 25 scull / 25 free
- 3) 100 reverse IM drill – free, breast, back, fly
- 4) 100 back – easy, easy, easy
- 5) repeat 1-4

(3500 yd)

All done. Nice job.