

# Practice # 1 – Free Short (Lanes 1&2)

## W/U:

300m swim

200m pull

100m kick

600m

## W/U SET:

4 x 50 with fins (25 underwater, 25 easy) on 1:00

4 x 100 free with fins, 8+ dolphin kicks per wall on 2:00

4 x 100 free without fins, 6+ dolphin kicks per wall on 2:00

1000m

## MAIN SET:

4 x 75 desc 1-4 on 1:30 (start strong -> finish fast)

4 x 75 (hold fastest time from above) on 1:30

100 easy on 3:00

4 x 50 desc 1-4 on 1:00 (start strong -> finish fast)

4 x 50 (hold fastest time from above) on 1:00

100 easy on 3:00

4 x 25 desc 1-3 on 0:40 (start strong -> finish fast)

4 x 25 (hold fastest time from above) on 0:40

100 easy on 3:00

1500m

## COOL DOWN:

Swim OYO

Total = 3100m plus cool down

# Practice # 1 – Free Short (Lanes 3&4)

## W/U:

200m swim

100m pull

100m kick

400m

## W/U SET:

3 x 50 with fins (25 underwater, 25 easy)

3 x 100 free with fins, 8+ dolphin kicks per wall

3 x 100 free without fins, 6+ dolphin kicks per wall

750m

## MAIN SET:

3 x 75 desc 1-4 on 2:00 (start strong -> finish fast)

3 x 75 (hold fastest time from above) on 2:00

100 easy on 3:00

3 x 50 desc 1-4 on 1:20 (start strong -> finish fast)

3 x 50 (hold fastest time from above) on 1:20

100 easy on 3:00

3 x 25 desc 1-3 on 0:45 (start strong -> finish fast)

3 x 25 (hold fastest time from above) on 0:45

100 easy on 3:00

1200m

## COOL DOWN:

Swim OYO

Total = 2350m plus cool down