

# Practice # 50 – Iain’s Hard 200s (Lanes 1&2)

## W/U:

200m swim (slow, stretch it out)

100m kick

100m swim

8 x 50m (25 drill IAW below/25 swim) on 1:10

- 2 x Ribbon kick (1 arm fly, 6 dolphin kicks w/ fins between)
- 2 x back exaggerated shoulder rolls
- 2 x breaststroke drill (2 kicks, 1 pull)
- 1 x catch-up, 1 x finger drag

800m

## MAIN SET:

5 x 200m HARD! On 5:00

Try to maintain the same **fast** pace through all 5 reps, lots of rest

1000m

100 m easy

100m

## Sprints!!!!

10 x 25m Free on 0:50

8 x 25m Stroke on 0:45

6 x 25m Free on 0:40

4 x 25m Stroke on 0:35

2 x 25m Free on 0:30

Hard! Go fast!!!

750m

## COOL DOWN:

Swim OYO

Total = 2650m + cool down

# Practice # 50 – Iain's Hard 200s (Lanes 3&4)

## W/U:

200m swim (slow, stretch it out)

100m kick

8 x 50m (25 drill IAW below/25 swim) on 1:10

- 2 x Ribbon kick (1 arm fly, 6 dolphin kicks w/ fins between)
- 2 x back exaggerated shoulder rolls
- 2 x breaststroke drill (2 kicks, 1 pull)
- 1 x catch-up, 1 x finger drag

700m

## MAIN SET:

4 x 200m HARD! On 5:30

Try to maintain the same **fast** pace through all 5 reps, lots of rest

800m

100 m easy

100m

## Sprints!!!!

10 x 25m Free on 0:50

8 x 25m Stroke on 0:45

6 x 25m Free on 0:40

4 x 25m Stroke on 0:35

2 x 25m Free on 0:30

Hard! Go fast!!!

750m

## COOL DOWN:

Swim OYO

Total = 2350m + cool down