

# Practice # 9 – Iain’s Da Accordion (Lanes 1 & 2)

## **W/U:**

300m swim (slow, stretch it out)

6 x 50 (25 drill or H.U./25 swim)

Odds Head up Stroke

Evens Drill (choice)

Catch up/finger drag/arm pit touches/fist drill/

one arm x 2 / “OK Drill”/ 6 Beats + 3 strokes

600m

## **MAIN SET: “Da Accordion”**

### **2 times through:**

200m (60% effort) on 3:30

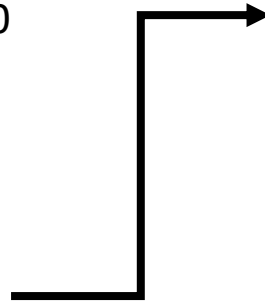
150m (70%) on 2:45

100m (80%) on 2:00

75m (90%) on 1:30

50m (Fast) on 1:00

25m (FASTER!!) on 0:30



25m (FASTER!!) on 0:30

50m (Fast) on 1:00

75m (90%) on 1:30

100m (80%) on 2:00

150m (70%) on 2:45

200m (60%) on 3:30

2400m

## **COOL DOWN:**

Swim OYO

Total = 3000m + cool down

# Practice # 9 – Iain’s Da Accordion (Lanes 3 & 4)

## **W/U:**

200m swim (slow, stretch it out)

6 x 50 (25 drill or H.U./25 swim)

Odds Head up Stroke

Evens Drill (choice)

Catch up/finger drag/arm pit touches/fist drill/  
one arm x 2 / “OK Drill”/ 6 Beats + 3 strokes

500m

## **MAIN SET: “Da Accordion”**

### **2 times through:**

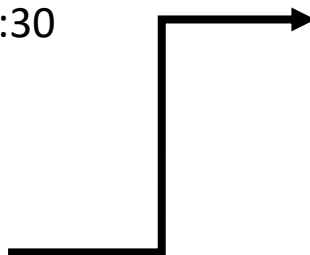
150m (60% effort) on 3:30

100m (70%) on 2:30

75m (80%) on 2:00

50m (90%) on 1:30

25m (Fast) on 0:45



25m (Fast) on 0:45

50m (90%) on 1:30

75m (80%) on 2:00

100m (70%) on 2:30

150m (60%) on 3:30

2000m

## **COOL DOWN:**

Swim OYO

Total = 2500m + cool down