

Practice #1:

10 x 100 30 sec's rest b/w each

odd #'s drill of choice 25/swim 25

even #'s swim and count your strokes on the last length on each to compare

2:00 rest

10 x 50 20 sec's rest b/w each

descend your speed from #1-5 and then start over and descend 6-10  
(ie #1 EZ, #2 a little faster....#5 fast)

2:00 rest

4 x 50 10 sec's rest

do a different drill on each

100 easy swim down

total = 1,800

Practice #2

400 (50 drill of choice/50 swim)

2:00 rest

3 x 200 with 1:00 rest b/w each  
all swim comfortable pace (try to make each 200 the same time)

2:00 rest

3 x 100 30 sec's rest b/w each  
all swim with slightly faster pace than your 200's

2:00 rest

3 x 50 15 sec's rest b/w each  
all swim with slightly faster pace than your 100's

2:00 rest

1 x 100 hit your pace same as the 3 x 100  
20 sec's rest  
1 x 200 hit your pace same as the 3 x 200

100 EASY swim down

total 1,850