

Practice #1

warm-up = 3 x 100 with 30 sec's rest

2:00 rest

16 x 50 with 20 sec's rest b/w each

odd #'s count your strokes and try to keep them the same
even #'s focus on head position

2:00 rest

100 easy warm down

total distance: 1200

Practice #2

warm-up = 6 x 50 with 15 sec's rest

2:00 rest

4 x 100 with 30 sec's rest b/w eac
focus on head position

2:00 rest

alternate: 100 max distance per stroke counting your strokes on each 50 of the 100 take 20 sec's rest
then

50 going 25 head out and 25 head in proper position take 20 sec's rest

do the above alternating set 4 times

2:00 rest

100 easy warm down

total distance = 1400