

practice #1

(A) group:

100 swim 15 sec's rest

150 swim 50/drill 50/swim 50 30 sec's rest (your drill of choice...mix it up on all drill parts of the sets)

200 swim 45 sec's rest

150 swim 50/drill 50/swim 50 30 sec's rest

100 swim

2:00 Rest

8 x 100 with 30 sec's rest

try to swim your mile pace on each 100

count strokes on the 1st 100 and last 100 and see if they are equal

2:00 Rest

8 x 50 with 20 sec's rest

odd #'s build up speed to fast

even #'s mile pace

2:00 rest

100 Easy

Total = 2000

(B) group:

100 swim 15 sec's rest

150 swim 50/drill 50/swim 50 30 sec's rest (your drill of choice on all drill parts of sets)

200 swim 45 sec's rest

150 swim 50/drill 50/swim 50 30 sec's rest

100 swim

2:00 rest

6 x 100 with 30 sec's rest

try to swim your mile pace on each 100

count strokes on the 1st 100 and last 100 and see if they are equal

2:00 rest

6 x 50 with 20 sec's rest

odd #'s build up speed to fast

even #'s mile pace

2:00 rest

100 easy

total= 1700

Practice #2

A group:

4 x 200 with 30 sec's rest

odd #'s swim

even #'s drill 50/swim 50 (drill of choice)

2:00 rest

12 x 100 with 20 sec's rest

odd #'s build up the 100 (ie 25 EZ, 25 mile pace, 25 faster than mile pace, 25 fast)

even #'s mile pace

2:00 rest

4 x 50 drill of choice with 20 sec's rest

Total = 2,200

B group:

3 x 200 with 30 sec's rest

odd #'s swim

even #'s drill 50/swim 50 (drill of choice)

2:00 rest

10 x 100 with 20 sec's rest

odd #'s build up the 100 (ie 25 EZ, 25 mild pace, 25 faster than mile pace, 25 fast)

even #'s mild pace

2:00 rest

4 x 50 drill of choice with 20 sec's rest

total = 1,800