

Friday Senior Practice

Warm-up

SKIPS x 200 (s = fr swim, k = ch kick, i = im alt. 25 drill / 25 swim, p = ch pull w/buoy and paddles, s = st swim)

BA Drills all with duck on forehead

1x50 kick w/arms at side
1x50 streamline kick
1x50 45-degree rotation w/arms at the side
2x50 shark fin
2x50 12-kicks and switch
2x50 6-kicks and switch
2x50 double arm – first 50 w/fist
4x50 on 1:00 ba holding a minimum of 8 uwdk, stroke count

Main Set

4x
1x75 ms alt. 25 right only, 25 left only, 25 build on 1:30
1x50 ms fast on 1:00
2x50 ms kick moderate on 1:00
1x75 ms alt. 25 right only, 25 left only, 25 build on 1:30
2x50 ms fast on 1:00
4x50 ms kick moderate on 1:00 + 1:00pr after 4th 50 prior to beginning next round

Warm down

200 alt. 50 fr / 50 st holding a tight streamline position for :03 before performing your breakout

Saturday Senior Practice

Warm-up

600 alt. 100 fr / 100 st
400 ch pull w/buoy and paddles
200 im kick, no board
200 ch kick w/fins no board

Drill Set

8x75 ms on :10pr alt. 25 scull / 50 drill

Main Set

100 ms swim each 25 faster on 1:45
75 ms alt. 25 drill / 25 swim / 25 drill on 1:30
25 ms sprint on :30
3x100 ms negative split on 2:00
200 ms swim each 50 faster on 3:30
2x100 ms negative split on 2:00
2x200 ms each 50 fast on 4:00
1x100 ms negative split on 2:00

Warm down

200 alt. 50 ch kick / 50 ch swim