

WEEK OF APRIL 24

**Practice #1:**

200 swim, 200 pull, 200 drill  
100 swim, 100 kick, 100 scull  
50 swim, 50 underwater, 50 choice

Go through the following 2 times:  
3 x 200 on 3:45, 4:00, 4:15 or 40 sec. rest  
2 x 100 on 1:45, 2:00, 2:15 or 30 sec. rest

100 easy

Go through the following 8 times:  
25 easy on :50  
50 hard on 1:15, 1:20, 1:30 or 40 sec. rest

100 easy

4 x 50 desc 1-4 on 1:10, 1:15, 1:20 or 20 sec. rest

200 easy

Total: 3850 m

**Practice #2:**

300 swim alt 50 free, 50 non-free  
300 pull alt 50 free, 50 non-free  
200 kick alt 50 free, 50 non-free  
200 drill alt 50 free, 50 non-free

Focus on a long, smooth stroke throughout the following set:  
400 on 6:00, 6:20, 6:40, 7:00 or 30 sec. rest  
2 x 200 on 3:00, 3:15, 3:30, 3:45 or 20 sec. rest  
4 x 100 on 1:30, 1:40, 1:50, 2:00 or 15 sec. rest  
8 x 50 on :45, :50, :55, 1:00 or 10 sec. rest  
16 x 25 on :30, :35, :40, :45 or 5 sec. rest

500 OTH

Total: 3500 m

**Practice #3:**

2 x {100 swim, 100 drill, 100 kick, 100 pull, 100 choice}

8 x 50 free as follows, taking 20 sec. rest between each 50:

odds – 25 head up with dolphin kick, 25 swim

evens – 25 heads up with flutter kick, 25 swim

800 free, strong pace

16 x 50 kick, flippers optional. Pick a pace time that keeps you kicking strong through the set.

400 pull

Total: 3000 m