

PRACTICES FOR WEEK OF OCTOBER 24

SLC's TIP:

Every wall you come to when swimming is an opportunity to work on either your turn or touch. Think about them all the time and execute them as best you can every time...

Again, the pace times should be used as a guide. Add more time to the slowest suggestion, or take off time from the fastest suggestion should you choose. Or, take the rest that is recommended. Have fun experimenting with what works for you!

Practice 1:

Locomotion up to 5

- A locomotion is where you swim 1 length easy, 1 strong, 2 lengths easy, 2 strong etc. So a locomotion up to 5 would mean you end with 5 lengths easy, 5 strong. Any questions, just e-mail me!

8 x 50 as follows: 25 drill, 25 swim build, concentrating on holding good technique from drill. You should be ending the second 25 fast, focusing on good touches (ie. well-timed, hard all the way into wall, no breathing from the flags in, etc.). Take 15-20 sec. rest between each 50

40 x 25 on :30, :35 or :40. At least 30 of them should be freestyle (though you will use your own discretion). This set, even though it's comprised of 25's, can actually act as a very good distance pacing set if done all freestyle.

Kick or Pull the following:

100, 75, 50, 25, 75, 50, 25, 50, 25, 25 taking 10-15 sec. rest between each distance.

Concentrate on building your speed into the 25's so that they are fairly quick (not sprint).

10 x 50 non-free on 1:10, 1:20 or 15 sec. rest

100 or more easy

Total: 3600 m

Practice 2:

You can choose to do the following warm-up with or without the dry land exercises.

Either way, the lengths add up to 1000 m:

200 swim, 20 sit ups (crunches)

150 drill, 15 push-ups

100 kick, 10 vertical jumps

50 scull, choice of stretch for 3-5 minutes

Then repeat.

10 x 125 pull on 2:00, 2:20, 2:40 or 15 sec. rest between. If you are a person with sensitive or tender shoulders, try alternating swim and pull, or swim the entire set instead.

100 easy

20 x 25 kick, every 4th one sprint flutter kick (on front, back or side). Take 10 sec. rest between 25's.

200 easy

Total: 3050 m

Practice 3:

300 swim alternating 25 free, 25 back
300 swim alternating 25 free, 25 breast
300 alternating 25 free swim, 25 kick
300 alternating 25 free swim, 25 drill

Main set (it's a big one!):

2 x 200 free on 3:30, 3:50, 4:10 or 20 sec. rest

4 x 100 free on 1:40, 1:50, 2:00 or 15 sec. rest

8 x 50 free on :45, :50, :55 or 10 sec. rest

1 x 200 choice of stroke on 3:45, 4:05, 4:25 or 20 sec. rest

2 x 100 choice of stroke on 1:50, 2:00, 2:10 or 15 sec. rest

4 x 50 choice of stroke on :55, 1:05, 1:15 or 10 sec. rest

- Choice of stroke means that if you want to continue doing freestyle for the whole set, be my guest! If you would like to concentrate on another stroke, that's fine too. IMer's can do 200 IM, 100's IM then a 50 of each stroke. Or, if you are concentrating on distance IM, you may want to try 200 fly, 100's back and 50's breast, OR 200 breast, 100's back and 50's fly (reverse IM).

100 easy

4 x 100 choice (kick, pull, whatever you want) as follows: 50 easy, 25 build, 25 strong with 20-30 sec. rest between 100's

200 easy

Total: 3700 m