

PRACTICE: 12/20/11

Warm-up:

200m Swim

200m Kick

200m Pull

12 X 25m Swim, build speed on each set of 4, on :30 or
:40 interval

1 X 100m Easy

Main Set:

12 X 100m, 4 each stroke in IM order on 1:45, 2:00, 2:30

-or-

Technique work on breaststroke, butterfly and flip turns
for those not doing 100's set

4 X 25m swim down with coach send-off

Total Yardage: 2300 yards