

Lanes 1-2

2 x 100 swim, choice

2 x 50 kick, choice

4 x 25 doggy paddle

4 x 25 fist drill

4 x 25 6&switch

4 x 25 6-3-6

4 x 50 swim, think about your pull - high elbows, catch early in the stroke, slight rotation

WITH KICKBOARD

4 x 25 fingertip drag

4 x 25 catchup

4 x 25 pause drill

4 x 50 swim, think about what is happening with your arms above water - high elbows, fingertips pointed down, no swinging arms

5 minute swim

1 x 100 choice

1500

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5 minute swim

1 x 100 choice

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Lanes 3-4

1 x 200 swim, choice

4 x 100 - 25 kick, 50 drill, 25 swim

4 x 50 kick, build

4 x 75 - 50 drill, 25 swim build

4 x 25 pull

4 x 50 - 25 6&switch, 25 swim

4 x 25 freestyle with overkick

4 x 50 - 25 one arm freestyle, 25 swim

1 x 200 swim, strong, focus on technique

5 minute swim

1 x 150 backstroke

1 x 150 Cool Down

2200

Lanes 3-4

1 x 200 swim, choice
4 x 100 - 25 kick, 50 drill, 25 swim

4 x 50 kick, build
4 x 75 - 50 drill, 25 swim build

4 x 25 pull
4 x 50 - 25 6&switch, 25 swim
4 x 25 freestyle with overkick
4 x 50 - 25 one arm freestyle, 25 swim

1 x 200 swim, strong, focus on technique
5 minute swim

1 x 150 backstroke
1 x 150 Cool Down

2200

Lanes 3-4

1 x 200 swim, choice
4 x 100 - 25 kick, 50 drill, 25 swim

4 x 50 kick, build
4 x 75 - 50 drill, 25 swim build

4 x 25 pull
4 x 50 - 25 6&switch, 25 swim
4 x 25 freestyle with overkick
4 x 50 - 25 one arm freestyle, 25 swim

1 x 200 swim, strong, focus on technique
5 minute swim

1 x 150 backstroke
1 x 150 Cool Down

2200

Lanes 5-6

1 x 300 swim, choice
4 x 150 - 50 kick, 50 drill, 50 swim 10-15 seconds rest

4 x 75 kick, build
4 x 75 - 50 drill, 25 swim build

3 x {
 2 x 50 strong
 3 x 100 drop 5 seconds each 100
 Ex: 1:25/1:20/1:15
 THIRD ROUND ONLY
 1 x 200 hold best average
}

1 x 150 backstroke
1 x 150 Cool Down

3200

Lanes 5-6

1 x 300 swim, choice
4 x 150 - 50 kick, 50 drill, 50 swim 10-15 seconds rest

4 x 75 kick, build
4 x 75 - 50 drill, 25 swim build

3 x {
 2 x 50 strong
 3 x 100 drop 5 seconds each 100
 Ex: 1:25/1:20/1:15
 THIRD ROUND ONLY
 1 x 200 hold best average
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1 x 150 backstroke
1 x 150 Cool Down

3200

Lanes 5-6

1 x 300 swim, choice

4 x 150 - 50 kick, 50 drill, 50 swim 10-15 seconds rest

4 x 75 kick, build

4 x 75 - 50 drill, 25 swim build

3 x {

2 x 50 strong

3 x 100 drop 5 seconds each 100

Ex: 1:25/1:20/1:15

THIRD ROUND ONLY

1 x 200 hold best average

}

1 x 150 backstroke

1 x 150 Cool Down

3200

What Drills Should I Be Doing??

Catch & Pull:

- Fist Drill
- Almost Catchup
- Catchup
- Doggy Paddle
- One Arm Freestyle
- 6 - 3 - 6
- Scull
- 6&Switch

Above Water & Entry:

- Fingertip Drag
- Pause Drill
- Shark Fin
- Triple Pause Drill

Rotation:

- 6 - 3 - 6
- 6&Switch
- One Arm Freestyle w/ Hand On Hip

Head Position:

- Scull
- 6 Kick Superman
- Catchup
- 6&Switch

Kick:

- Freestyle w/ Overkick
- 6 Kick Superman
- 6 - 3 - 6