

Week 6 practices Practice #1:

Group A

3 x 200 with 1:00 rest b/w each
#1 and 3 swim
#2 drill of choice

2:00 rest

4 x 100 with 30 sec's rest
all pace

2:00 rest

4 x 200 with 30 sec's rest
all pace

2:00 rest

4 x 100 with 30 sec's rest
build each 100

100 easy

total = 2300

Group B

3 x 200 with 1:00 rest b/w each
#1 and 3 swim
#2 drill of choice

2:00 rest

3 x 100 with 30 sec's rest
all pace

2:00 rest

3 x 200 with 30 sec's rest
all pace

2:00 rest

3 x 100 with 30 sec's rest
build each 100

100 easy

total = 1,900

Week 6 practices Practice #2

Group A

400 100 swim 100 drill

2:00 rest

6 x 50 with 20 sec's rest
build each 50

2:00 rest

2 x 400 with 1:00 rest b/w each
hold even pace on each (# 1 and #2 should be same time)

2:00 rest

6 x 50 with 20 sec's rest
build each 50

2:00 rest

400 100 swim 100 drill

total = 2200

Group B

400 100 swim 100 drill

2:00 rest

6 x 50 with 20 sec's rest
build each 50

2:00 rest

2 x 300 with 1:00 rest b/w each
hold even pace on each (#1 and #2 should be same time)

2:00 rest

6 x 50 with 20 sec's rest

400 100 swim 100 drill

total = 2,000