

**practice #1**

**Group A:**

500 swim 100/drill 100

2:00 rest

3 x 400 with 1:00 rest

try to hold even pace on each 400 (ie all should be the same time)

2:00 rest

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

100 easy

total= 2,300

**Group B:**

500 swim100/drill 100

2:00 rest

3 x 300 with 1:00 rest

try to hold even pace on each 300 (ie all should be the same time)

2:00 rest

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

100 easy

total = 1,900

## **practice # 2**

### **Group A:**

4 x 200 with 30 sec's rest  
odd #'s 100 swim/100 drill  
even #'s 100 drill/100 swim

2:00 rest

2 x 500 with 1:00 rest  
try to make #2 faster than #1

2:00 rest

6 x 100 with 20 sec's rest  
odd #'s build w/in the 100  
even #'s pace

100 easy

total = 2500

### **Group B:**

4 x 200 with 30 sec's rest  
odd #'s 100 swim/100 drill  
even #'s 100 drill/100 swim

2:00 rest

2 x 400 with 1:00 rest  
try to make #2 faster than #1

2:00 rest

5 x 100 with 20 sec's rest  
odd #'s build w/in the 100  
even #'s pace

100 easy

total = 2,200