

Both practices same for everyone:

Practice #1:

400 warm-up 100 drill/100 swim

2:00 rest

10 x 100 with 45 sec's rest
odd #'s build
even #'s pace

2:00 rest

6 x 50 30 sec's rest
start slow and build to fast on each one

2:00 rest

400 practice look see at pace

100 EZ

Practice #2

400 warm-up 100 drill/100 swim

2:00 rest

10 x 50 with 20 sec's rest
odd distance per stroke (count your strokes)
even practice look see at pace

2:00 rest

2 x 200 with 1:00 rest
odd descend from slow to fast w/in the 200
even pace

2:00 rest

8 x 50
odd build from slow to moderate speed
even pace

100 EZ