



## Gold/Silver Sample Practices

### 1. Warm-up: (Choose 1)

- 8X50 @1:00 (25 Drill+ 25 Swim)
- 6X75 @1:20-1:30 (25 Kick+25 Drill+25 Swim)
- 4X100 @2:00 (Count strokes 1st 25; drop a stroke each subsequent 25)
- 200 Swim + 4X50 R:10 kick + 8X25 @:30-:40 IMO

### 2. Drills: (Choose 1 or 2 strokes; Do all columns for the stroke)

	Arms	Body position	Kick	Swim
<b>Free</b>	6X50 R:10 (25 catch-up+25 finger dray) 10X25 R:10 odd-fist; even- 1 finger	200 Side Kick (fins if you have them) 6X75@1:20 or R:10 50 Side Kick switch + 25 breathe 3	4X50 R:15 Kick freestyle 10X25@:45 odd-kick on stomach with arms at side; even-kick on side	4X75@1:15 low stroke count 4X50@1:00 Breathe every 3 4X25@:30 fast with fewest strokes
<b>Back</b>	6X50 R:10 (25 one arm + 25 one arm) 10X25 R:10 odd-fist; even-1 finger	200 Side kick switch (fins if you have them) 4X50 R:10 (fins if you have them) Kick with arms at side and roll from side to side	200 SLK on back 10X25@:45 Odd-fly kick on back; even-SLK on back	4X75@1:15 low stroke count 4X50@1:00 focus on still head 4X25@:30 fast with fewest strokes
<b>Breast</b>	8X25@:45 Breast Pull + Free Kick 8X25@:45 Breast Pull + Fly Kick	200 1Pull+2Kicks 12X25@:45 1-glide 3 seconds; 2-glide 2 seconds; 3-glide 1 second; 4-no glide; repeat	4X50 R:15 Kick (count kicks and keep low) 10X25@:45 odd-kick on back; even-kick on stomach with hands at side	6X50@1:00 Descend by 3 12X25@:40 odd-1P+2K; even-fast

<b>Fly</b>	4X50@1:00 One arm fly 8X25@:40 (fins) Superworm; recover arms when breathing	200 (fins) 50 worm+50 superworm 12X25@:40 odd- superworm; even- 3R/3L/3B	4X50 R:15 (fins) fly kick on back 10X25@:45 (fins) Dolphin kick as far as you can off the wall	4X50 R:15 25 Free + 25 Fly 4X25@:40 odd-4 fast strokes fly; even-fast fly 4X50 R:15 25 Fly + 25 Free
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**3. Sets (Choose 1):**

**A. IM**

a. 3 x (100 IM@2:00 or R:15, + 4X25@:30-:40 IMO, + 100 Free@2:00 or R:15 fewest strokes)

**B. Stroke**

a. 3x (3X50@1:00 drill, + 100@2:00 Stroke (build each 25), + 4X25@:30-:40 stroke fast

**C. Free**

a. 4x (100@1:30-1:45:75 of keeping stroke count low+25 build, + 4X50@1:00: try to drop 2 seconds each 50 and keep stroke count same)

**4. Cool down (Choose 1):**

**A. 4X50@1:00 focus on long strokes**

**B. 100 Kick + 100 Swim**

**C. 200 Swim**