**Monday Practice**

11&Ups

200 easy freestyle warm-up

3x100 individual medley (sprint fly and breast/easy back and free)

3x100 individual medley (easy fly and breast/sprint back and free)

– Dive for each 50 –

2x50 butterfly (sprint down/easy back)

2x50 backstroke (sprint down/easy back)

2x50 breaststroke (sprint down/easy back)

2x50 freestyle (sprint down/easy back)

– Mid-pool 50s focus on turns –

2x50 butterfly

2x50 backstroke

2x50 breaststroke

2x50 freestyle

100 easy free cool-down

100 easy your-choice cool-down

7&8s

100 easy freestyle warm-up

2x25s individual medley order (sprint fly and breast/easy back and free)

2x25s individual medley order (easy fly and breast/sprint back and free)

– Dive for each 25– (work on starts and finishes)

2x25 butterfly sprint

2x25 backstroke sprint

2x25 breaststroke sprint

2x25 freestyle sprint

100 easy freestyle cool-down

6&unders

25 freestyle

25 backstroke

25 breaststroke

3x25 freestyle kick

3x25 backstroke kick

3x25 breaststroke kick

3x15 freestyle

3x15 backstroke

3x15 breaststroke

25 easy freestyle cool-down

25 easy choice cool-down

9&10

150 easy freestyle warm-up

2x50s individual medley order (sprint fly and breast/easy back and free)

2x50s individual medley order (easy fly and breast/sprint back and free)

– Dive for each 25– (work on starts and finishes)

4x25 butterfly sprint

4x25 backstroke sprint

4x25 breaststroke sprint

4x25 freestyle sprint

100 easy freestyle cool-down

100 easy your choice cool-down**Thursday Practice**

11&Ups

200 easy freestyle warm-up

100 IM

3x75 freestyle build speed w/ each 25

2x100 freestyle (easy between flags/fast turns – don’t breathe for 3 strokes out of your flip turn)

300 easy freestyle

6x50 sprint freestyle on interval (:55/1:05/1:10/1:15 – can adjust as needed)

200 easy freestyle

8x25 sprint freestyle on interval (:35/:40 – can adjust as needed)

100 easy your choice cool-down

7&8s

100 easy freestyle warm-up

100 IM (25s)

3x75 build speed with each 25 (rest :10 between each 25)

100 easy choice

8x25 freestyle on interval (:40/:45 – can adjust as needed)

100 easy your choice cool-down

6&unders

25 freestyle

25 backstroke

25 breaststroke

3x25 freestyle kick

3x25 backstroke kick

3x25 breaststroke kick

3x25 freestyle breathe every 3 strokes

3x25 zipper drill (keep hand close to side from hip to armpit on each stroke)

25 easy freestyle cool-down

25 easy choice cool-down

9&10

100 easy freestyle warm-up

100 IM (50s)

3x75 build speed with each 25

4x50 freestyle (easy between flags/fast finishes)

200 easy choice

5x50 freestyle on interval (1:15/1:20/1:25 – can adjust as needed)

200 easy choice

8x25 freestyle on interval (:40/:45 – can adjust as needed)

100 easy your choice cool-down

**Thursday/Saturday Practice**

11&Ups

200 freestyle – hop out after each 50/10 sit ups or 10 push ups

– kick 25/drill 25/swim 25–

3x75 butterfly (drill: 2/2/2 – 2 strokes left arm only, 2 strokes right arm only, 2 strokes full swim)

3x75 backstroke (drill: 6/3/6 – 6 kicks on right side, 3 strokes, 6 kicks on left side)

3x75 breaststroke (drill: hold glide – regular breaststroke, hold the glide for 3 seconds)

3x75 freestyle (drill: finger tip drag– drag fingertips along water for length of stroke)

– kick 25/ pull 25–

3x50 butterfly

3x50 backstroke

3x50 breaststroke

3x50 freestyle

100 easy your choice cool-down

7&8s

100 easy freestyle warm-up – hop out after each 25/10 sit ups or 10 push ups

– kick 25/drill 25/swim 25– (rest 10 seconds between each 25)

2x75 butterfly (drill: 2/2/2 – 2 strokes left arm only, 2 strokes right arm only, 2 strokes full swim)

2x75 backstroke (drill: 6/3/6 – 6 kicks on right side, 3 strokes, 6 kicks on left side)

2x75 breaststroke (drill: hold glide – regular breaststroke, hold the glide for 3 seconds)

2x75 freestyle (drill: finger tip drag– drag fingertips along water for length of stroke)

– kick 25/ pull 25– (rest 10 seconds between each 25)

2x50 butterfly

2x50 backstroke

2x50 breaststroke

2x50 freestyle

100 easy your choice cool-down

6&unders

25 freestyle

25 backstroke

25 breaststroke

3x25 freestyle kick

3x25 backstroke kick

3x25 breaststroke kick

3x25 backstroke

3x25 backstroke drill: Miss America drill (when arm is vertical, wave hand making sure thumb enters water)

25 easy freestyle cool-down

25 easy choice cool-down

9&10

150 easy freestyle warm-up – hop out after each 25/10 sit ups or 10 push ups

– kick 25/drill 25/swim 25 –

2x75 butterfly (drill: 2/2/2 – 2 strokes left arm only, 2 strokes right arm only, 2 strokes full swim)

2x75 backstroke (drill: 6/3/6 – 6 kicks on right side, 3 strokes, 6 kicks on left side)

2x75 breaststroke (drill: hold glide – regular breaststroke, hold the glide for 3 seconds)

2x75 freestyle (drill: finger tip drag– drag fingertips along water for length of stroke)

– kick 25/ pull 25– (rest 10 seconds between each 25)

3x50 butterfly

3x50 backstroke

3x50 breaststroke

3x50 freestyle

100 easy your choice cool-down

**Thursday/Saturday Practice**

11&Ups

200 IM

– breathing pyramid–

50 breathe every 3 strokes

50 breathe every 5 strokes

50 breathe every 7 strokes

50 breathe every 9 strokes

50 breathe every 7 strokes

50 breathe every 5 strokes

50 breathe every 3 strokes

25 no breathes

100 easy choice

50 breathe every 3 strokes

50 breathe every 5 strokes

50 breathe every 7 strokes

50 breathe every 9 strokes

50 breathe every 7 strokes

50 breathe every 5 strokes

50 breathe every 3 strokes

25 no breathes

200 IM

100 easy choice

7&8s

100 IM (25s)

– Breathing pyramid–

25 breathe every 3 strokes

25 breathe every 5 strokes

25 breathe every 7 strokes

25 breathe every 9 strokes (do your best)

25 breathe every 7 strokes

25 breathe every 5 strokes

25 breathe every 3 strokes

25 no breathes

100 easy choice

25 breathe every 3 strokes

25 breathe every 5 strokes

25 breathe every 7 strokes

25 breathe every 9 strokes (do your best)

25 breathe every 7 strokes

25 breathe every 5 strokes

25 breathe every 3 strokes

25 no breathes

100 easy choice

100 IM (25s)

6&unders

25 freestyle

25 backstroke

25 breaststroke

3x25 freestyle kick

3x25 backstroke kick

3x25 breaststroke kick

3x25 breaststroke

3x25 breaststroke drill: hold glide (regular breaststroke – hold glide for 3 seconds)

25 easy freestyle cool-down

25 easy choice cool-down

9&10s

100 IM (25s)

– Breathing pyramid–

50 breathe every 3 strokes

50 breathe every 5 strokes

50 breathe every 7 strokes

50 breathe every 9 strokes (do your best)

50 breathe every 7 strokes

50 breathe every 5 strokes

50 breathe every 3 strokes

25 no breathes

100 easy choice

50 breathe every 3 strokes

50 breathe every 5 strokes

50 breathe every 7 strokes

50 breathe every 9 strokes (do your best)

50 breathe every 7 strokes

50 breathe every 5 strokes

50 breathe every 3 strokes

150 easy choice

100 IM (25s)

6&unders

25 freestyle

25 backstroke

25 breaststroke

3x25 freestyle kick

3x25 backstroke kick

3x25 breaststroke kick

3x25 backstroke

3x25 Miss America drill (when arm is vertical, wave hand making sure thumb enters water)

25 easy freestyle cool-down

25 easy choice cool-down

9&10

150 easy freestyle warm-up – hop out after each 25/10 sit ups or 10 push ups

– Kick 25/drill 25/swim 25 –

2x75 butterfly (drill: 2/2/2 – 2 strokes left arm only, 2 strokes right arm only, 2 strokes full swim)

2x75 backstroke (drill: 6/3/6 – 6 kicks on right side, 3 strokes, 6 kicks on left side)

2x75 breaststroke (drill: hold glide – regular breaststroke, hold the glide for 3 seconds)

2x75 freestyle (drill: finger tip drag– drag fingertips along water for length of stroke)

– Kick 25/ pull 25– (rest 10 seconds between each 25)

3x50 butterfly

3x50 backstroke

3x50 breaststroke

3x50 freestyle

100 easy your choice cool-down