

## December Un-coached workouts

Hello everyone;

Here are a few swim practices to keep you honest over the holidays!  
Please remember, technique is key; great swimming comes from great mechanics. Take time over the holidays to do some self-reflection of what you do well in the water and what you want to improve as you go into a new year and a new decade. We do not get faster by focusing on what we are good at but rather working on what we feel we need to improve. I hope you will find the workouts below my gift to you as means of achieving swimming excellence.

Happy Holidays,  
Tracey

### Practice #1 – A little of everything ☺

Warm up: 2 x 200 swim NO TOYS on :15r  
4 x 50 pull, NO PADDLES on :30r

Main: 300 pull NO PADDLES :30  
pull 200 pull with paddles 1100

kk 4 x 50 fly kk on :10r  
(fins) 4 x 50 back kk on :10r  
2 x 50 sprint kk choice on :30r 1600

swim 400 free at 75%  
2 x 200 at 80%  
200 at 75%  
2 x 100 at 85% 2800

Cool: up to 400 easy kick... fins are optional 3200

### Practice #2: Kick – Pull fun!

Warm up: 10 minutes of your choice but NO TOYS with at least 200 m done as finger tip drag drill  
8 x 50 stroke count...desc (1> 4) x 2 on :10r

Main: 400 pull :30  
4 x 50 kick IM order on :10r  
300 pull easy :20r  
4 x 50 kick best stroke on :10r  
200 pull easy on :15r  
4 x 50 kick free on :10r  
100 pull easy on :10r

Cool: 4 x 50 kick! free with fins on :15r ~2700  
5 x 100 free doing stroke count the last 50 and keeping at  
lowest from warm up set on :30r/100 ~3200

This third practice is one of my favourites...and oldie but a goodie!

WORKING OFF HOLIDAY EXCESS

4 X 50 free - no bubbles on entry

:10r 50 "quiet" non free

100 kick (NO FINS)

200 DRILL/sw SET...as 25 dr choice, 25 fr

1 min. rest

400 Hard free OR 2 x 200 Harder OR 4 x 100 HARDEST!

1 min. rest

200 non free as 25 single or double arm back + 25 back kick

1 min. rest

Note : this next set should hurt...

Use other people in the pool to motivate you in this set... chase and race others without them knowing it!

5 x 100 free or fly kick with fins on :30 rest : ALL OUT.

8 x 50 on 10 sec. rest

\*\*alternate free & pull by 50's

\*\* 1 -sec. per stroke

400 cool down breathing 3 -5-7-3-5-7...