

Fairview Practice Ideas

Pick and choose- try to go 3,000 to 4,000 yards/ practice, every 48 hours or more frequently. Change the interval if it is too slow or too fast.

Warmups

Underwater recovery free/ slide and glide backstroke 10 x 50 on 1:00

¾ catchup free/ 4 back 3 free 10 x 50 on 55

10 x 50 on 55 6 free/ 6 back

6 x 100 on 1:45 right arm/ left arm/kick/swim odd- free, even- back

8 x 50 fingertip drag free/backstroke on 55

8 x 75 on 1:30 kick on side/stop-stop-switch drill/ free breathe every 3

10 x 50 on 65 dolphin kick on back /free breathe weak side

10 x 50 on 55 3-3-3 free/3-3-3 back

12 x 50 on 55 triple switch drill/ backstroke 14 arm strokes or less

8 x 50 on 1:05 kick on side/shark fin drill

10 x 50 on 60 or 65 breast kick streamline on back/ 2 up-2 down breast

10x 50 on 60 or 65 dolphin kick on side/ butterfly breakout drill or 3-3-3 fly

8 x 25 fist free, 4 x 25 regular free, 8 x 25 fist back, 4 x 25 fist back- 5 seconds rest at each wall

8 x 50 on 55, 60 or 65 stop, stop, switch free/ ¾ catch up free

ATP-- sets as hard as possible lots of rest

16 x 25 on 50 IM order with zoomers or other fins

10 x 25 on 50 kick on odds, swim on evens

16 on 45 4 x 7 strokes free, 3 strokes fly, 7 strokes free, 7 strokes back

10 x 25 on 1:00 good start and swim 12.5, vary strokes

10 x 25 kick with zoomers on 1:00 1/2 on stomach ½ on back, dolphin and flutter

5x 4 x 25, 12.5 hard-12.5 easy, 12.5 easy-12.5 hard, 25 easy, 25 hard free and non-free

10 x vertical kick in deep end for 8 seconds, then fast 12.5

20 fast turns where you swim 8-10 yards into and out of the turns

Anerobic sets-vary free and nonfree

6 x 50 on 2:30 use zoomers go faster than race pace

1 x 100 on 4:00, 2 x 75 on 3:00, 3 x 50 on 2:00

3 x 50 on 2:30, 6 x 25 on 1:30

3 x broken 200 on 5:00 do 4 x 50 with 10 seconds rest between each 50

4 x 75 on 4:00 try to go 100 pace use zoomers

5 x broken 100 on 3:00, 50 10 seconds rest, 25 10 seconds rest 25

5 x 50 golf on 2:30, 5 x 50 non-free on 3:00

6 x 100 on 4:00 (good training for 200 free and 200 IM)

Stroke sets- see list below- pick a drill, do it two or three times, then do the associated whole stroke- drill, swim do this for 500 to 1,000 yards

Aerobic sets

60 x 25 on 30-- alternate non-free and free

30 x 50 – free on 55, then 25 nonfree/25 free on 60

6x 50 free on 40, 50 free on 45, 50 free on 50, 25 nonfree/25 free on 55, 50 nonfree on 60
1500 to 1800 yards composed of 6-8 100's on 1:40, 10-16 50's on 55, and 20 x 25 drill and whole stroke on 30

5 x [100 IM, 75 free/back/ free, 50 non-free/free, 25 non-free 10 seconds at each wall]

30 x 50 on 55, 60 or 65- IM order: fly/back, back/breast/ breast/ free etc.

4 x {100 IM, 100 free, 4 x 25 IM order, 4 x 25 free} 15 seconds rest after 100s' 5 seconds rest after 25s

60 x 25 on 25 or 30 IM order

4 x 25 free, 4 x 25 back, 4 x 25 Im 5 times thru, 5 seconds at each wall

Swim downs

300 free pull with paddles if available, 200 flutter kick or dolphin kick, 12 x 25 drill choice, 300 back with strap, 300 6 free/6 back, 150 sculling, 250 free breathe weak, 300 fist/ non fist free , 300 streamline kick/ swim

Fly Drills one arm (either side breathe or front breathe), head lead body dolphin (see saw), single-double-single, two right-two left/two middle, stone skipper drill (underwater recovery fly), slide to the corners (superman scull), 25's with tennis shoes, vertical dolphin kick, dolphin kick on back and side, streamline dolphin kick on stomach, breakout drill, 2 strokes fly/ 2 strokes breast drill, butterfly 3-3-3, kick count fly (1-2-3-4), whole stroke- tuck chin- high hips, fly with tennis ball

Breast Drills 2 or 3 kick one pull, superman scull (slide to the corners), windshield wiper scull, 2 Mississippi breaststroke, double underwater pullout, kick on back, board and buoy kick, hand kick on back or stomach, wall kick, one one (piston kick), 2 up/ 2 down (down can be kick or pull), tennis ball breaststroke, double tennis ball in hands drill, breast pull-alternate one dolphin and one breast kick, 25 yards in 5/5 or 4/4, underwater breast pull, head up breast pull with flutter kick, 2 breast/2 fly, 18 squat jumps on side of pool, breast with ¼ pull

Back Drills one arm, 3-3-3, side lateral kick, side lateral kick plus scull, scull/scull/stroke, 8 side lateral kicks/exchange arms (slide and glide), double arm finishing scull, double scull/double stroke, 4 back/3 free Kick on side-arms at side/ half recovery drill, 6 easy free/6 hard back, distance per stroke, half recovery drill with pull buoy, 12 underwater dolphin kicks off the wall and good breakout, 10-3-10, 7-5-7, strap backstroke
Free Drills one arm, triple switch, fingertip drag, single or double arm front scull, kick on side, shark fin, 6 kick side drill, Tarzan, touch/touch/ touch, underwater recovery, 3-3-3, right breathe left, left breathe right, breathe weak side, alternate breathe, 6 free/6 back, relaxed recovery, distance per stroke, shark fin and release, shark fin, catch up, ¾ catch up, stop-stop-switch , fist free

