

Summer, 2022

- Don't forget your fins, boards, and beepers.
- Don't forget that you will not have access to the change rooms due to hockey and you have to go through the rink for the bathroom.
- During the first two practices, we will take time to go through the Base Sets, so we may only do a couple thousand yards. Most of you know the drill elements of the base sets and the points of emphasis of each drill element but we do them differently at long-course.
- I will probably work in some PoPo work in the diving well at some point during the weeks we are at UD, and possibly right at the beginning of practice while the staff is putting in the lane lines.

Long Course

6:15 – 6:20 3 Lanes	(5) Warm-up (4x50 in IM order)	(200)
6:20 – 6:48 3 Lanes	(8) Dolphin Core	(400/600)
6:48 – 6:56 3 Lanes	(8) Selected Base Set laps	(300/900)
6:56 – 7:11 3 Lanes	(15) RQT set - selected stroke	(900/1,800)
7:11 – 7:19 3 Lanes	(8) Selected Base Set Laps	(300/2,100)
7:19 – 7:34 3 Lanes	(15) RQT set - selected stroke	(900/3,000)
7:34 – 7:45 3 Lanes	(12) Broken 200 IM's	(600/4,000)

Dolphin Core set (fins and boards): 8 x 50 Fly or Back, alternating between 2 50's above water on :45 and 2 x 50's under water with 3 breadths on 1:00.

RQT Set: 3 x (2x50, 1x100, 2x50) using individual RQT TOR's and SC's and using one of the following schedules.

- Free 1, Back 1 :50, 1:40, :50 with 1:40 between each 300 (900, 15:00)
- Free 2, Back 2 :55, 1:50, :55 with 1:20 between each 300 (900, 15:00)
- Free 3, Back 3, Breast 1, Fly 1 1:00, 2:00, 1:00 with 1:00 between each 300 (900, 15:00)
- Breast 2, Fly 2 ** 1:05, 2:10, 1:05 with 1:10 between each 300 (8:50, 15:15:40)
- Breast 3, Fly 2 ** 1:10, 2:20, 1:10 with :50 between each 300 (8:50, 15:15:40)

Swimmers using the bottom 2 schedules skip the last 50 of the last set of 300.

Free Base Set Laps (fins): 3 x 100 on 2:00

- Lap 1: 25-foot PoPo, Doggie Paddle (scoops) to last black line, alligator (flips) to turn
- Lap 2: 25-foot PoPo, underwater recovery to 1st black line, strokes that traverse one full lane to last black line (emphasize use of body), <10 strokes to lap's end

Back Base Set Laps (fins): 3 x 100 on 2:00

- Lap 1: 37-foot (6 dolphins + 6 flutters + PO) PoPo, Doggie Paddle (scoops) to last black line, alligator (flips) to turn
- Lap 2: 37-foot (6 dolphins + 6 flutters + PO) PoPo, 1-arm strokes to 1st black line, strokes that traverse one full lane to last black line (emphasize use of body), <10 strokes to lap's end

Breast Base Set Laps (beepers set to 1.0): 3 x 100 on 2:15

- Lap 1: pull without an underwater pull and kick with forearms on top of the water and ankles showing after each pull on 2:00 to 1st black, pull at 1:00 to the wall
- Lap 2: whole stroke without an underwater pull and kick with forearms on top of the water and ankles showing after each stroke: TOR = 3.0 to the 1st blackline, TOR = 2.0 to last black line, TOR =1.5 to the wall

Fly Base Set Laps: 3 x 100 on 2:00

- Lap 1: 37-foot (6 dolphins) PoPo, 2-arm scoops to last black line, alligator (flips) to wall
- Lap 2: 37-foot (6 dolphins) PoPo, underwater recovery to last black line, swim to wall with SC = 6

Broken 200 IM's: 3 x 200 IM on 4:00 broken at each 50 for 10 seconds - subtract :30 from final time – monitor times