



WATERTOWN FAMILY YMCA

Masters Swim Practice Schedule

OPEN WATER/FREESTYLE ONLY PRACTICES



PRACTICE 1: JULY 6TH

(900-1100 YARDS)

Warm-up:

100 choice swim
100 kick with board
100 kick without board
(Side kick face in water if comfortable)

Pre Set:

8 x 25 freestyle breathing work
(0:20 rest)
Odd 25s breath every 3 strokes
Even 25s breath every 5 strokes

Main Set:

300-500 (your choice on ability and time left) without stopping. You may switch to back or sidestroke if needed. Keep track of how far you choose to swim as we will hopefully build on this in the next few weeks.

Cool Down:

100 easy choice swim

PRACTICE 2: ON YOUR OWN

(1000 - 1200 YARDS)

Warm-up:

100 free
100 kick with board
100 kick without board
100 free

Pre Set:

4 x 50 free style - 25 easy/25 build to a fast pace (0:30 rest between each)

Main Set:

3-5 x 100 (your choice on ability and time left) Pay attention to the clock, your goal is to keep your times consistent. (0:30 rest)

Cool Down:

100 easy

PRACTICE 3: ON YOUR OWN

(1100-1300 YARDS)

Warm-up:

100 choice swim
100 kick
100 backstroke or sidestroke

Pre Set:

25 FAST kick
50 freestyle breathing every 3 strokes
75 EASY kick
100 fast freestyle
75 EASY kick
50 freestyle breathing every 3 strokes
25 FAST kick
(0:20 rest between each)

Main Set:

3 - 5 x 100 (your choice on ability and time left) Pay attention to the clock, your goal is to keep your times consistent. (0:30 rest)

Cool Down:

100 easy

PRACTICE 4: JULY 13TH TEAM PRACTICE (1300 YARDS)

Warm-up:

100 free
100 kick

Pre Set:

4 x 25 drill (0:20 rest)

Main Set:

4 x 50 fast (0:15 rest between each)
100 recovery (0:15 rest)
2 x 100 fast (0:15 rest between each)
100 recovery (0:15 rest)
200 fast (0:15 rest)
100 recovery

Cool Down:

100 easy

PRACTICE 5: ON YOUR OWN

(1000-1200 YARDS)

Warm-up:

100 swim choice
100 kick
100 freestyle drill

Pre Set:

5 x 50 - drill down/build to fast on way back (0:20 rest)

Main Set:

2 - 3 x 200 (your choice on ability and time left). Pay attention to the clock, your goal is to keep your times consistent. (1:00 rest between each)

Cool Down:

50 easy

PRACTICE 6: ON YOUR OWN

(1100 - 1400 YARDS)

Warm-up:

100 swim
100 kick with board
100 kick without board

Pre Set:

3 x 100 working on pace. Try to keep time the same on all 3 (0:30 rest between each)

Main Set:

400 - 700 long swim (your choice on ability and time left) without stopping. You may switch to back or sidestroke if needed. Try to beat your distance and pace from practice 1!

Cool Down:

100 easy