

Sunday, February 9:

No Practice! Super Bowl Sunday

Monday, February 10:

**Warmup (900 yards)**

1x400 free  
1x300 stroke  
1x200 IM

**Kick Set (700 yards)**

4x75 kick easy @1:30  
2x50 kick moderate @1:00  
— 2:00 rest —  
2x100 kick easy @2:00  
4x25 kick fast @0:45

Choose one of the following...

**Option 1 (1200 yards, Aerobic):**

2 rounds:  
2x150 free DPS w/ 0:15 rest  
3x100 stroke/IM @1:45/2:00

**Option 2 (1000 yards, Sprint):**

2 rounds:  
2x50 choice drill @1:15  
2x50 all out sprint @2:00  
2x50 breath control @1:15  
2x100 max effort @4:00

**Warm Down (200 yards)**

200 easy free

Wednesday, February 12:

**Warmup (1000 yards)**

200 SKIPS (swim, kick, IM, pull, swim)

**Pre-Main Set (850 yards)**

8x25 choice v-sprint @0:45

4x50 choice drill @1:00

6x75 free DPS @1:45

Choose one of the following...

**Option 1 (1400 yards, Sprint):**

2 rounds:

4x50 breath control @1:15

4x50 choice 90% race pace @1:30

2x100 long UWDK, fast turns @2:00

2x50 all out @2:00

**Option 2 (1400 yards, Mid-Distance):**

2 rounds:

6x50 choice 200 pace @1:00/1:15

2x200 choice w/ 0:15 rest

**Warm Down (200 yards)**

200 easy warm down

Thursday, February 13:

Happy (almost) Valentine's Day!

**Warmup (1000 yards)**

1x300 easy free

1x200 social kick

12x25 stroke fast

4x50 IM order

**— RELAYS —**

\*can split up yardage per relay however

- 400 Medley (Are you the 400 IM? Because you really take my breath away)
- 200 Backstroke (Are you the flags at the end of the 200 back? Because I've been waiting for you)
- 20x25, 10 fly + 10 breast (Are you a sprint set? Because you've got my heart racing)
  - 500 free GRADE relay (Are you the lap counter? Because I'm lost without you)
    - 200 Partner (Wheelbarrow) Pull / Synchronized Free