

Sunday, October 27:

**Warmup (1000 yards)**

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

8x50 IM order @1:00

4x50 kick moderate @1:00

8x25 odds free, evens stroke @0:40

Relays / Water Polo

or...

2 rounds:

4x100 evens free DPS, odds IM @2:00

6x50 choice FAST turns @1:15

8x25 stroke DPS @0:45

Monday, October 28:

**Warmup (1000 yards)**

3x200 free @3:00

8x50 evens free, odds kick @1:00

**Main Set (2000 yards)**

8x25 odds UDWK, evens FAST @0:45

6x50 breath control @1:15

4x75 stroke moderate @1:30

2x100 free DPS @2:00

— 3:00 rest —

2x100 free DPS @2:00

4x75 free fast turns @1:30

6x50 IM or stroke @1:00

8x25 kick all out @1:00

**Warm Down (400 yards)**

4x50 social kick

1x200 choice easy

Wednesday, October 30:

Option 1 (Sprint):

**Warmup (700 yards)**

4x100 free easy @1:45

4x50 choice drill @1:00

4x25 v-sprints @0:40

**Pre-Main Set (900 yards)**

2 rounds:

3x50 choice fast turns @1:15

6x25 kick all out @1:00

3x50 breath control @1:15

**Main Set (1000 yards)**

8x50 choice 200 pace (FAST) @1:30

— 2:00 rest —

6x100 choice, odds DPS evens all out @3:00

**Warm Down (400 yards)**

4x100 choice easy

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Option 2 (Aerobic):

**Warmup (1000 yards)**

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

\*DPS: hold same # strokes per 25

**Main Set (1800 yards)**

2 rounds:

4x50 stroke or IM @1:00

4x75 build (75 easy → 75 sprint) @1:30

4x100 choice DPS @2:00

**Pace Set (400 yards)**

8x50 choice 200 pace (FAST) @1:20

**Warm Down (300 yards)**

3x100 choice easy

Thursday, October 31:

**Practice Canceled, Happy Halloween!!**

**Warmup (1000 yards)**

2x100 free easy @2:00  
4x75 kick/drill/swim @1:30  
6x50 choice moderate @1:00  
8x25 v-sprints @0:40

\*GOLF = aim to get lowest number: time + number of strokes

**Main Set (1600 yards)**

2 rounds:

4x50 free GOLF @1:00  
4x50 kick @1:00  
8x25 kick FAST  
8x25 odds underwater evens sprint @1:00

**Warm Down (400 yards)**

4x50 social kick  
200 choice easy