



STICK ON PRACTICE: Hackett Set Variation #1 (Mile-500 pace example)

Warm-Up (600 yards)

- 200 free
- 200 kick
- 200 pull

Kick Set (400)

8 x 50 Streamline underwater dolphin kick with fins – 25 underwater and 25 on surface on back on 1:15 interval

To see a video of this skill, cut-and-paste this into your browser:
www.youtube.com/watch?v=_Ko6cmI5d-8

EZ 100 Free

Main Set (2,000)

Typical Hackett Set

- Round 1: 16 x 50s on :45-second interval
 - 4 x [3 at mile pace plus 1 at 500 pace]
- Round 2: 12 x 50s on :50 second interval
 - 4 x [2 at mile pace plus 1 at 500 pace]
- Round 3: 8 x 50s on :55 second interval
 - 4 x [1 at mile pace plus 1 at 500 pace]
- Round 2: 4 x 50s on 1:00 second interval
 - 4 x 50s all at 500 pace

No extra rest between rounds...jump right into the next round. The goal is to keep up with the correct pace but be faster on the “effort” swim.

In Round 1, my goal is to get no more than about 5-10 seconds rest, so adjust the set accordingly. Increase the interval by 5-seconds per round. Each round has FOUR fast efforts.

Cool Down (200)

- 4 x 50 ez free on 1:10

TOTAL: 3,300 Yards