



STICK ON PRACTICE: Hackett Set Variation #2 (200IM example)

Warm-Up (800 yards)

4 x [100 free + 50 stroke] in IM order on :20-30 seconds rest
200 streamline kick on back in IM order

Kick Set (400)

16 x 25 streamline underwater dolphin kick to 15M on :45 second interval or :30 seconds rest

To see a video of this skill, cut-and-paste this into your browser:
www.youtube.com/watch?v=6mt-A8CgU0g

EZ 100 Free

Main Set (2,000)

Typical Hackett Set

Round 1: 16 x 50s on :45-second interval (may need to adjust interval for stroke 50s)
4 x [3 EZ 50 Free plus 1 fast stroke in IM order]
Round 2: 12 x 50s on :50 second interval
4 x [2 EZ 50 Free plus 1 fast stroke in IM order]
Round 3: 8 x 50s on :55 second interval
4 x [EZ 50 Free plus 1 fast stroke in IM order]
Round 2: 4 x 50s on 1:00 second interval
4 x 50 fast stroke in IM order

No extra rest between rounds...jump right into the next round. The goal is to work the stroke efforts.

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

Cool Down (150)

75 free on 1:30
50 free on 1:00
25 free

TOTAL: 3,450 Yards