



STICK ON PRACTICE: Hackett Set Variation #3 (200 Stroke with Short Modification)

Warm-Up (800 yards)

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

Kick Set (400)

16 x 25 underwater dolphin kick (UDK) with fins, alternating on stomach and on back on 1:00

To see a video of this skill, cut-and-paste this into your browser:
Video Coming

EZ 100 Free

Main Set (1,400)

Typical Hackett Set

Round 1: 4 times through the following
3 x 25 EZ free plus 1 x 50 fast stroke
Round 2: 4 times through the following
2 x 25 EZ free plus 1 x 50 fast stroke
Round 3: 4 times through the following
1 x 25 EZ free plus 1 x 50 fast stroke
Round 2: 4 times through the following
1 x 50 fast stroke

All EZ free is on :30-second interval (or about :10 seconds rest) and each round on 50s is on a progressive interval, for example, starting in Round One with about :10 seconds rest.

Round One: 25s on :30 and 50s on :50
Round Two: 25s on :30 and 50s on :55
Round Three: 25s on :30 and 50s on 1:00
Round Four: 50s on 1:05

No extra rest between rounds...jump right into the next round. The goal is to work the 50s.

Cool Down (200)

200 ez free

TOTAL: 2,900 Yards