



## **STICK ON PRACTICE: Hackett Set Variation #4 (50-100 Choice 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 25s progressive streamline underwater dolphin kick

Four times through the following sequence on :45-second interval

#1: 2 underwater dolphin kicks plus 8 fast freestyle strokes, then ez to the wall

#2: 4 underwater dolphin kicks plus 6 fast freestyle strokes, then ez to the wall

#3: 6 underwater dolphin kicks plus 4 fast freestyle strokes, then ez to the wall

#4: 8 underwater dolphin kicks plus 2 fast freestyle strokes, then ez to the wall

### EZ 100 Free

### Main Set (1,000)

Typical Hackett Set

Round 1: 4 times through the following

3 x 25 EZ free plus 1 x 25 fast stroke on :30-second interval

Round 2: 4 times through the following

2 x 25 EZ free plus 1 x 25 fast stroke on :35-second interval

Round 3: 4 times through the following

1 x 25 EZ free plus 1 x 25 fast stroke on :40-second interval

Round 2: 4 times through the following

1 x 25 fast stroke on :45-second interval

No extra rest between rounds...jump right into the next round. The goal is to work the fast 25s.

### Cool Down (200)

4 x 50 ez free on 1:05

**TOTAL: 2,500 Yards**