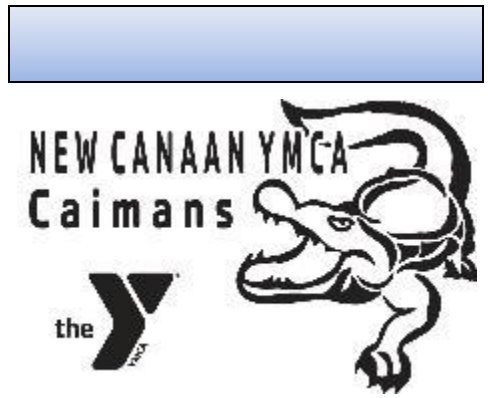# USRPT Sets

Practice doesn't make perfect. It makes permanent.

Rules of motor learning: 300 reps to learn, 3000 to unlearn, 10,000 to be automatic. What kind of reps will you perform today?

NEW CANAAN YMCA
Caimans
the Y

Butterfly

100 Goal:

200 Goal:

Tech:

Breaststroke

100 Goal:

200 Goal:

Tech:

Backstroke

100 Goal:

200 Goal:

Tech:

Freestyle

100 Goal:

200 Goal:

Tech: