

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?

Mickey Phelps



Butterfly

100 Goal: 59.99

- a) 30 x 25 @ :35 (15.0)
- b) 20 x 50 @ :50 (30.0)

200 Goal: 2:15.99

- a) 40 x 25 @ :40 (17.0)
- b) 30 x 50 @ :55 (34.0)
- c) 20 x 75 @ 1:10 (51.0)

Tech Goal: High hips + Medusa

Breaststroke

100 Goal: 59.99

- a) 30 x 25 @ :35 (15.0)
- b) 20 x 50 @ :50 (30.0)

200 Goal: 2:15.99

- a) 40 x 25 @ :40 (17.0)
- b) 30 x 50 @ :55 (34.0)
- c) 20 x 75 @ 1:10 (51.0)

Tech Goal: Fast Heels

Backstroke

100 Goal: 1:03.99

- a) 30 x 25 @ :35 (16.0)
- b) 20 x 50 @ :50 (32.0)

200 Goal: 2:15.99

- a) 40 x 25 @ :40 (17.0)
- b) 30 x 50 @ :55 (34.0)
- c) 20 x 75 @ 1:10 (51.0)

Tech Goals: Deep early catch

Freestyle

100 Goal: 55.99

- a) 30 x 25 @ :35 (14.0)
- b) 20 x 50 @ :50 (28.0)

200 Goal: 1:59.99

- a) 40 x 25 @ :35 (15.0)
- b) 30 x 50 @ :50 (30.0)
- c) 20 x 75 @ 1:05 (45.0)

Tech Goals: Low breaths