

Bishop McDevitt Swimming Presidents' Day Challenge Set

2 rounds of the following:

2 x (75 FAST + 75 easy) on 3:00

2 x (75 FAST + 50 easy) on 2:30

2 x (75 FAST + 25 easy) on 2:00

Guidelines to successfully complete this set:

- Each 75 FAST swim can be no slower than best 100 time minus 00:07.5. For example, if a swimmer's best 100 free time is 1:00.00 and they choose freestyle for the 75 FAST, they must finish the 75 FAST at 52.50 or faster.
- Swimmers must complete the FAST and easy swim on the assigned interval.
- The first and second round may be completed doing different strokes but each round should be completed doing only one stroke.
- The first and third group of FAST/easy swims will begin from a dive. The second group of FAST/easy swims will begin from a push-off.
- A break may be provided after the first round, at the coaches' discretion.
- **Two times (2)** is the set's default repeat for each group of FAST/easy swims.
- The default repeat will not decrease but could increase based on the practice groups' averaged score for the *U.S. Presidents quiz*. If the average score for the team's quiz result is 85% or higher (at least a B average), the practice will be completed as written. If the average score for the team's quiz result is 80-84%, one additional repeat (**3 instead of 2**) will be required to successfully complete the set. If the average score for the team's quiz result is 75-79%, two additional repeats (**4 instead of 2**) will be required to successfully complete the set.
- **The U.S. Presidents Quiz:** List the 45 U.S. Presidents in order (Grover Cleveland served two, non-consecutive terms).
- Use this [list of U.S. Presidents to study](#).
- Swimmers will receive a [paper that looks like this](#) to complete the quiz.