

**Swimming Practice**  
**Monday, January 20<sup>th</sup>**

- Objectives: Last Week of Heavy Aerobic Conditioning

	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
	Warm-up <ul style="list-style-type: none"> <li>300 (75 Free/25 Back, by 100)</li> <li>200 FR, 4-4-4 Kicks (500 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 (75 Free/25 Back, by 100)</li> <li>200 FR, 4-4-4 Kicks (500 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>100 Free</li> <li>100 Drills by 25</li> <li>100 FR, 4-4-4 Kicks (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>100 Free</li> <li>100 Drills by 25</li> <li>100 FR, 4-4-4 Kicks (300 yards)</li> </ul>
	<ul style="list-style-type: none"> <li>100 IM</li> <li>20 sec rest</li> <li>50 Sprint Effective Free &lt; 35 on 3:00 minutes</li> </ul> Repeat 6 times on 2:45 (900 yards)	<ul style="list-style-type: none"> <li>100 IM</li> <li>20 sec rest</li> <li>50 Sprint Effective Free &lt; 35 on 3:00 minutes</li> </ul> Repeat 5 times on 2:45 or 3:00 (750 yards)	<ul style="list-style-type: none"> <li>100 IM</li> <li>20 sec rest</li> <li>50 Sprint Effective Free &lt; 35 on 3:00 minutes</li> </ul> Repeat 5 times on 2:45 or 3:00 (750 yards)	<ul style="list-style-type: none"> <li>100 IM</li> <li>20 sec rest</li> <li>50 Sprint Effective Free &lt; 35 on 3:00 minutes</li> </ul> Repeat 4 times on 2:45 or 3:00 (600 yards)
	10 x 75 on 80 secs <ul style="list-style-type: none"> <li>alternate IM Order (750 yards)</li> </ul>	10 x 75 on 80 secs <ul style="list-style-type: none"> <li>alternate IM Order (750 yards)</li> </ul>	8 x 75 on 90 secs <ul style="list-style-type: none"> <li>alternate IM Order (600 yards)</li> </ul>	8 x 75 on 90 secs <ul style="list-style-type: none"> <li>alternate IM Order (600 yards)</li> </ul>
	1 x 500 Lung Buster 3, 5, 7, 5, 3 repeat (500 yards)	1 x 500 Lung Buster 3, 5, 7, 5, 3 repeat (500 yards)	1 x 500 Lung Buster 3, 5, 7, 5, 3 repeat (500 yards)	1 x 500 Lung Buster 3, 5, 7, 5, 3 repeat (500 yards)
	10 X 25 All out sprints – Coaches Call (250 yards)	10 X 25 All out sprints – Coaches Call (250 yards)	10 X 25 All out sprints – Coaches Call (250 yards)	10 X 25 All out sprints – Coaches Call (250 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	<b>3,000 yards</b>	<b>2,750 yards</b>	<b>2,600 yards</b>	<b>2,550 yards</b>