Swimming Practice Monday, January 20th

• Objectives: Last Week of Heavy Aerobic Conditioning

Group 1	Group 2	Group 3	Group 4
Warm-up	Warm-up	Warm-up	Warm-up
• 300 (75 Free/25 Back, by	• 300 (75 Free/25 Back, by	• 100 Free	• 100 Free
100)	100)	• 100 Drills by 25	• 100 Drills by 25
• 200 FR, 4-4-4 Kicks	• 200 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks
(500 yards)	(500 yards)	(300 yards)	(300 yards)
• 100 IM	• 100 IM	• 100 IM	• 100 IM
• 20 sec rest	• 20 sec rest	• 20 sec rest	• 20 sec rest
• 50 Sprint Effective Free < 35 on 3:00 minutes Repeat 6 times on 2:45	• 50 Sprint Effective Free < 35 on 3:00 minutes Repeat 5 times on 2:45 or 3:00	• 50 Sprint Effective Free < 35 on 3:00 minutes Repeat 5 times on 2:45 or 3:00	• 50 Sprint Effective Free < 35 on 3:00 minutes Repeat 4 times on 2:45 or 3:00
(900 yards)	(750 yards)	(750 yards)	(600 yards)
10 x 75 on 80 secs	10 x 75 on 80 secs	8 x 75 on 90 secs	8 x 75 on 90 secs
alternate IM Order	alternate IM Order	alternate IM Order	alternate IM Order
(750 yards)	(750 yards)	(600 yards)	(600 yards)
1 x 500 Lung Buster	1 x 500 Lung Buster	1 x 500 Lung Buster	1 x 500 Lung Buster
3, 5, 7, 5, 3 repeat	3, 5, 7, 5, 3 repeat	3, 5, 7, 5, 3 repeat	3, 5, 7, 5, 3 repeat
(500 yards)	(500 yards)	(500 yards)	(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	1 x 100 Warm-down	1 x 100 Warm-down	1 x 100 Warm-down
(100 yards)	(100 yards)	(100 yards)	(100 yards)
3,000 yards	2,750 yards	2,600 yards	2,550 yards