

Swimming Practice
Tuesday, January 21st

- Objectives: Last Day of Heavy Aerobic Conditioning

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> 300 (75 Free/25 Back, by 100) 200 FR, 4-4-4 Kicks (500 yards) 	Warm-up <ul style="list-style-type: none"> 300 (75 Free/25 Back, by 100) 200 FR, 4-4-4 Kicks (500 yards) 	Warm-up <ul style="list-style-type: none"> 100 Free 100 Drills by 25 100 FR, 4-4-4 Kicks (300 yards) 	Warm-up <ul style="list-style-type: none"> 100 Free 100 Drills by 25 100 FR, 4-4-4 Kicks (300 yards)
	One continuous set: 2 X 100 FR on 1:30 4 X 25 Fly sprint on :30 2 X 100 FR 4 X 25 Back 2 X 100 FR 4 X 25 Breast 2 X 100 FR 4 X 25 FR (1,200 yards)	One continuous set: 2 X 100 FR on 1:40 4 X 25 Fly sprint on :30 2 X 100 FR 4 X 25 Back 2 X 100 FR 4 X 25 Breast 2 X 100 FR 4 X 25 FR (1,200 yards)	One continuous set: 2 X 100 FR on 1:50 4 X 25 Fly sprint on :30 2 X 100 FR 4 X 25 Back 2 X 100 FR 4 X 25 Breast 2 X 100 FR 4 X 25 FR (1,200 yards)	One continuous set: 2 X 100 FR on 1:50 4 X 25 Fly sprint on :30 2 X 100 FR 4 X 25 Back 2 X 100 FR 4 X 25 Breast 2 X 100 FR 4 X 25 FR (1,200 yards)
	8 X 75 Swim, kick, swim – IM order (600 yards)	8 X 75 Swim, kick, swim – IM order (600 yards)	6 X 75 Swim, kick, swim – IM order (450 yards)	8 X 75 Swim, kick, swim – IM order (600 yards)
	10 X 50 Free+5 Pushups on :70 (500 yards)	8 X 50 Free+5 Pushups on :70 (400 yards)	8 X 50 Free+5 Pushups on :70 (400 yards)	
	10 X 25 All out sprints – Coaches Call (250 yards)	8 X 25 All out sprints – Coaches Call (200 yards)	8 X 25 All out sprints – Coaches Call (200 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)
	3,150 yards	3,000 yards	2,650 yards	2,450 yards