

Swimming Practice
Thursday, January 23rd

- Objectives: Last Day for Junior Varsity, Have Some Fun

	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)
	6 X 175 on 2:45 or 3:00 <ul style="list-style-type: none"> 125 Choice 10 seconds rest Sprint 50 Kick (1,050 yards) 	6 X 175 on 2:45 or 3:00 <ul style="list-style-type: none"> 125 Choice 10 seconds rest Sprint 50 Kick (1,050 yards) 	6 X 150 on 2:45 or 3:00 <ul style="list-style-type: none"> 125 Choice 10 seconds rest Sprint 25 Kick (900 yards) 	6 X 150 on 2:45 or 3:00 <ul style="list-style-type: none"> 125 Choice 10 seconds rest Sprint 25 Kick (900 yards)
	10 x 50 Sprint Choice on :65 (500 yards)	8 x 50 Sprint Choice on :65 (400 yards)	8 x 50 Sprint Choice on :70 (400 yards)	8 x 50 Sprint Choice on :70 (400 yards)
7:05 a.m.	Fun Relays with the Captains (150 yards)	Fun Relays with the Captains (150 yards)	Fun Relays with the Captains (150 yards)	Fun Relays with the Captains (150 yards)
	2,200 yards	2,100 yards	1,750 yards	1,750 yards