

Swimming Practice
Prep for Big Upcoming Meet
Friday, January 3rd

- Coaches:
 - John Halisky
 - Kevin Koehr (if no baby)
 - Anne Judge or Joe Hurley
- Objective
 - Prep for VCAC Regular Season Champs

	Group 1	Group 2
1.	Stretch	Stretch
2.	Warm-up <ul style="list-style-type: none"> • 400 Swim • 300 Drill, all strokes • 200 Kick • 100 IM (1,000 yards)	Warm-up <ul style="list-style-type: none"> • 400 Swim • 300 Drill, all strokes • 200 Kick • 100 IM (1,000 yards)
3.	One continuous set: 1 X 100 FR on 1:30 4 X 25 Fly sprint on :30 Smooth 50, Rest 1 X 100 FR on 1:30 4 X 25 Back on 1:30 Smooth 50, Rest 1 X 100 FR on 1:30 4 X 25 Breast on 1:30 Smooth 50, Rest (750 yards)	One continuous set: 1 X 100 FR on 1:30 4 X 25 Fly sprint on :30 Smooth 50, Rest 1 X 100 FR on 1:30 4 X 25 Back on 1:30 Smooth 50, Rest 1 X 100 FR on 1:30 4 X 25 Breast on 1:30 Smooth 50, Rest (750 yards)
4.	Peer Inspections on Flip and Open Turns, with breakouts (100 yards)	Peer Inspections on Flip and Open Turns, with breakouts, use Group 1 swimmers (100 yards)
5.	8 X 50 from the middle of the pools (2 turns and breakouts) – Strokes they are swimming in the Meet (400 yards)	8 X 50 from the middle of the pools (2 turns and breakouts) – Strokes they are swimming in the Meet (400 yards)
6.	Peer Inspections on Starts and Relay Starts, with breakouts, plus finishes (100 yards)	Peer Inspections on Starts and Relay Starts, with breakouts, plus finishes-use Group 1 swimmers (100 yards)
7.	Starts or Relay Starts with 12-yard sprints <ul style="list-style-type: none"> - streamline position - body dolphin - no breath - breakout (150 yards)	Starts or Relay Starts with 12-yard sprints <ul style="list-style-type: none"> - streamline position - body dolphin - no breath - breakout (150 yards)
Total	2,500 yards	2,500 yards