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

• Coaches:

- o John Halisky
- o Kevin Koehr (if no baby)
- Anne Judge or Joe Hurley

• Objective

o Prep for VCAC Regular Season Champs

| 0] | Group 1 | Group 2 |
|--------|------------------------------------|-------------------------------------|
| 1. | Stretch | Stretch |
| 2. | Warm-up | Warm-up |
| | • 400 Swim | • 400 Swim |
| | • 300 Drill, all strokes | • 300 Drill, all strokes |
| | • 200 Kick | • 200 Kick |
| | • 100 IM | • 100 IM |
| | (1,000 yards) | (1,000 yards) |
| 3. | One continuous set: | One continuous set: |
| | 1 X 100 FR on 1:30 | 1 X 100 FR on 1:30 |
| | 4 X 25 Fly sprint on :30 | 4 X 25 Fly sprint on :30 |
| | Smooth 50, Rest | Smooth 50, Rest |
| | 1 X 100 FR on 1:30 | 1 X 100 FR on 1:30 |
| | 4 X 25 Back on 1:30 | 4 X 25 Back on 1:30 |
| | Smooth 50, Rest | Smooth 50, Rest |
| | 1 X 100 FR on 1:30 | 1 X 100 FR on 1:30 |
| | 4 X 25 Breast on 1:30 | 4 X 25 Breast on 1:30 |
| | Smooth 50, Rest | Smooth 50, Rest |
| | (750 yards) | (750 yards) |
| 4. | Peer Inspections on Flip and Open | Peer Inspections on Flip and Open |
| | Turns, with breakouts | Turns, with breakouts, use Group |
| | (100 yards) | 1 swimmers |
| | | (100 yards) |
| 5. | 8 X 50 from the middle of the | 8 X 50 from the middle of the |
| | pools (2 turns and breakouts) – | pools (2 turns and breakouts) – |
| | Strokes they are swimming in the | Strokes they are swimming in the |
| | Meet | Meet |
| | (400 yards) | (400 yards) |
| 6. | Peer Inspections on Starts and | Peer Inspections on Starts and |
| | Relay Starts, with breakouts, plus | Relay Starts, with breakouts, plus |
| | finishes | finishes-use Group 1 swimmers |
| 7 | (100 yards) | (100 yards) |
| 7. | Starts or Relay Starts with 12- | Starts or Relay Starts with 12-yard |
| | yard sprints | sprints |
| | - streamline position | - streamline position |
| | - body dolphin - no breath | - body dolphin - no breath |
| | - breakout | - breakout |
| | (150 yards) | (150 yards) |
| Total | 2,500 yards | 2,500 yards |
| า บเลเ | 2,300 yai us | 4,500 yai us |