

Swimming Practice
Monday, December 23rd

- Coaches:
 - Coach Koehr
 - Kevin Koehr
 - Scott Kay
- Objective:
 - Heavy cardio

	Group 1	Group 2
1.	Stretch	Stretch
2.	Warm-up <ul style="list-style-type: none"> • 100 Choice • 300 Drills led by Coach (400 yards)	Warm-up <ul style="list-style-type: none"> • 100 Choice • 300 Drills led by Coach (400 yards)
3.	1 x 50 Sprint 1 X 200 Alt Choice/FR, Build by 200 Repeat 5X (1,000 yards)	4 X 200 Alt Choice/FR (800 yards)
4.	2 x (5 x 100) on 1:30 (1,000 yards)	2 x (5 x 100) on 1:45 (1,000 yards)
5.	Easy 50 (50 yards)	Easy 50 (50 yards)
6.	10 X 25 Sprint Kick (250 yards)	8 X 25 Sprint Kick (200 yards)
7.	Offer It Up Set 10 X 50 on :60 - finish <:30 Boys, <:32 Girls (500 yards)	Offer It Up Set 8 X 50 on :60 -Set goal time for finish (400 yards)
8.	Easy 50 (50 yards)	Easy 50 (50 yards)
9.	10 X 25 Sprint FL/BR turns from center of pool (250 yards)	10 X 25 Sprint FL/BR turns from center of pool (250 yards)
10.	100 yard warm-down (100 yards)	100 yard warm-down (100 yards)
Total	3,600 yards	3,250 yards

Swimming Practice
Friday, December 27th

- Coaches
 - Scott Kay
 - Kevin Koehr (if no baby yet)
 - Anne Judge
- Objective
 - Heavy Cardio

	Advanced	Moderate
1.	Stretch	Stretch
2.	Warm-up <ul style="list-style-type: none"> • 100 Choice • 300 Drills led by Coach (400 yards)	Warm-up <ul style="list-style-type: none"> • 100 Choice • 300 Drills led by Coach (400 yards)
3.	2 X (10 X 25) FL/BR sprints from blocks on :40 – count strokes (500 yards)	2 X (9 X 25) FL/BR/FR sprints from blocks on :45 – count strokes (450 yards)
4.	10 x 25 sprint kick (250 yards)	10 x 25 sprint kick (250 yards)
5.	Easy 50 (50 yards)	Easy 50 (50 yards)
6.	5 X 100 Free – Descending within each 100 (500 yards)	4 X 100 Free – Descending within each 100 (400 yards)
7.	500 Free (continuous) <ul style="list-style-type: none"> • 25/75 fast/smooth • 50/50 fast/smooth • 75/25 fast/smooth • 0/100 fast/smooth • 100/0 fast/smooth (500 yards)	500 Free (continuous) <ul style="list-style-type: none"> • 25/75 fast/smooth • 50/50 fast/smooth • 75/25 fast/smooth • 0/100 fast/smooth • 100/0 fast/smooth (500 yards)
8.	7 X 100 Sprints – Alternate FR/IM–1:40 FR, 2:00 IM (700 yards)	6 X 100 Sprints – Alternate FR/IM–2:00 FR, 2:15 IM (600 yards)
9.	Easy 50 (50 yards)	Easy 50 (50 yards)
10.	10 x 50 on 180 (Go again when you pulse gets down to 180 or 18 beats in 6 seconds) (500 yards)	10 x 50 on 180 (Go again when you pulse gets down to 180 or 18 beats in 6 seconds) (500 yards)
11.	100 yard warm-down (100 yards)	100 yard warm-down (100 yards)
Total	3,550 yards	3,250 yards

Swimming Practice
Monday, December 30th

- Coaches:
 - Coach Koehr
 - Kevin Koehr (if no baby)
 - Anne Judge
- Objectives:
 - Heavy Cardio

	Group 1	Group 2
1.	Stretch	Stretch
2.	Warm-up <ul style="list-style-type: none"> • 100 Choice • 250 Drill led by Coach (350 yards)	Warm-up <ul style="list-style-type: none"> • 50 Choice • 250 Drill led by Coach (300 yards)
3.	2 X (5 X 150) Free <ul style="list-style-type: none"> • Middle 50 best odd • 2:30 interval (1,500 yards)	2 X (4 X 150) Free <ul style="list-style-type: none"> • Middle 50 best odd • 3:00 interval (1,200 yards)
4.	Easy 50 (50 yards)	Easy 50 (50 yards)
5.	10 X 100 on 1:30/1:40 <ul style="list-style-type: none"> • Freestyle • Finish on 1:15/1:25 (1000 yards)	9 X 100 on 2:00 <ul style="list-style-type: none"> • Alt Free, IM (900 yards)
6.	Easy 50 (50 yards)	Easy 50 (50 yards)
7.	2 X (10 X 25) side by side sprints (500 yards)	2 X (8 X 25) side by side sprints (450 yards)
8.	Relay Starts with 12 yard sprints <ul style="list-style-type: none"> - streamline position - body dolphin - no breath - breakout (100 yards)	Relay Starts with 12 yard sprints <ul style="list-style-type: none"> - streamline position - body dolphin - no breath - breakout (100 yards)
Total	3,550 yards	3,050 yards

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 (100 yards)	Peer Inspections on Starts and Relay Starts, with breakouts, 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

Swimming Practice
No Big Meet Upcoming
Friday, January 3rd

- Coaches:
 - John Halisky
 - Kevin Koehr (if no baby)
 - Anne Judge (maybe)
- Objective
 - Heavy Cardio

	Group 1	Group 2
1.	Stretch	Stretch
2.	Warm-up <ul style="list-style-type: none"> • 200 Choice • 150 Drill led by Coach (350 yards)	Warm-up <ul style="list-style-type: none"> • 150 Choice • 150 Drill led by Coach (300 yards)
3.	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 1:50 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 (1,100 yards)
4.	Easy 50 (50 yards)	Easy 50 (50 yards)
5.	8 X 75 Swim, kick, swim – IM order (600 yards)	8 X 75 Swim, kick, swim – IM order (600 yards)
6.	2 X (10 X 50) Free+5 Pushups on :70 (1,000 yards)	2 X (8 X 50) Free+5 Dips on :80 (800 yards)
7.	Relay Starts with 12 yard sprints <ul style="list-style-type: none"> - streamline position - body dolphin - no breath - breakout (150 yards)	Relay Starts with 12 yard sprints <ul style="list-style-type: none"> - streamline position - body dolphin - no breath - breakout (150 yards)
Total	3,400 yards	2,950 yards