

Swimming Practice
Tuesday, November 5th

- Objective:
 - Learn the Basics of Breathing, Streamline and Ready Position
 - Start to Learn Underwater Body Dolphin
 - Establish Body Position Kicking
- Build a Base:

	Group 1	Group 2	Group 3
	4-min Swim, alt 50 free, 50 choice (300 yards)	4-min Swim, alt 50 free, 50 choice (300 yards)	3-min Swim, alt 50 free, 50 choice (200 yards)
	Technique Progressions: The Basics - Streamline (50 yards)	Technique Progressions: The Basics - Breathing, Streamline, and Ready Position (100 yards)	Technique Progressions: The Basics - Breathing, Streamline, and Ready Position (100 yards)
	4 x 50 Kick/Swim by 25 <ul style="list-style-type: none"> • Left side • Front • Right Side • Back (200 yards)	4 x 50 Kick/Swim by 25 <ul style="list-style-type: none"> • Left side • Front • Right Side • Back (200 yards)	4 x 50 Kick/Swim by 25 <ul style="list-style-type: none"> • Front • Back Floppy ankles, minimum knee bend (200 yards)
	Body Dolphin Progression, adding scull (300 yards)	Body Dolphin Progression (300 yards)	Body Dolphin Progression (300 yards)
	8 x 25 Streamline Kick on :50. Alternate: <ul style="list-style-type: none"> • On your back underwater then hard kick on the surface (200 yards)	8 x 25 Streamline Kick on 1:00. Alternate: <ul style="list-style-type: none"> • On your back underwater then hard kick on the surface (200 yards)	6 x 25 Streamline Kick on 1:15 Alternate: <ul style="list-style-type: none"> • On your back underwater then hard kick on the surface (150 yards)
	8 x 25 Streamline Body Dolphin as far as possible <ul style="list-style-type: none"> • the entire way underwater if you can • then hard kick on the surface on your back (200 yards)	8 x 25 Streamline Body Dolphin as far as possible <ul style="list-style-type: none"> • the entire way underwater if you can • then hard kick on the surface on your back (200 yards)	6 x 25 Streamline Body Dolphin as far as possible <ul style="list-style-type: none"> • the entire way underwater if you can • then hard kick on the surface on your back (150 yards)
	6 x 50 on 1:30, Smooth <ul style="list-style-type: none"> • Open turns, repeating Ready Position • Skate Position EVERY stroke • 6 kicks off walls (300 yards)	8 X 25 on :40 (200 yards)	6 X 25 on :45 or :50 (150 yards)
	1,550 yards	1,500 yards	1,350 yards