Swimming Practice
Tuesday, December 3rd

- Objectives: Scull, Start Butterfly, Build a Base

	Group 1	Group 2	Group 3	Group 4

	Warm-up
	• 300, 50 FR/50 BK
	• 4 x 75, Kick, Scull*, Kick
	
	(600 yards)
		Warm-up
		• 300, 50 FR/50 BK
		• 4 x 75, Kick, Scull*, Kick
		
		(600 yards)
			Warm-up
			• Backstroke Drills
			  o 50 - Single Arm, R-L
			  o 50 - Alternating Double Arm
			  o 50 – L-Drill
			  o 50 – Minimum Stokes
			  o 100 Back
			(300 yards)
				Warm-up
				• Backstroke Drills
				  o 50 - Single Arm, R-L
				  o 50 - Alternating Double Arm
				  o 50 – L-Drill
				  o 50 – Minimum Stokes
				  o 100 Back
				(300 yards)

	3 x (3 x 50) @ 1:00 • Breakout, Turn, Finish (450 yards)	3 x (3 x 50) @ 1:00 • Breakout, Turn, Finish (450 yards)	Coach Koehr: Starts – Scull Progression (250 yards)	Coach Koehr: Starts – Scull Progression (250 yards)
6:50 to 7:05	Coach Koehr: Butterfly Progression (300 yards)	Coach Koehr: Butterfly Progression (300 yards)	2 x (8 x 25) Stoke Inspection • Free then Back (400 yards)	2 x (8 x 25) Stoke Inspection • Free then Back (400 yards)
	2 x (10 x 25) Stoke Inspection • Free then Back (500 yards)	2 x (8 x 25) Stoke Inspection • Free then Back (400 yards)	Coach Koehr: Butterfly Progression (300 yards)	Coach Koehr: Butterfly Progression (300 yards)
	2 Rounds Free, then Back • 2 x 25 Scull • 2 x 50 Drill • 2 x 50 Build • 4 x 25 Fast • 100 Fast from Dive (450 yards)	2 Rounds Free, then Back • 2 x 25 Scull • 2 x 50 Drill • 2 x 50 Build • 4 x 25 Fast • 100 Fast from Dive (450 yards)	V-Sprints from middle of pool • 4 x 25 V-Sprint Free @ :40 • 4 x 25 V-Sprint Back @ :40 • Repeat (400 yards)	V-Sprints from middle of pool • 4 x 25 V-Sprint Free @ :40 • 4 x 25 V-Sprint Back @ :40 • Repeat (400 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 50 Warm-down (50 yards)	1 x 50 Warm-down (50 yards)
	2,400 yards	**2,300 yards**	**1,700 yards**	**1,700 yards**

Scull Progression = Hand Scull, Windshield Wiper, Full Arm Scull, Short Dog/Long Dog