Swimming Practice Tuesday, December 3rd

• Objectives: Scull, Start Butterfly, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up	Warm-up	Warm-up	Warm-up
	• 300, 50 FR/50 BK	• 300, 50 FR/50 BK	Backstroke Drills	Backstroke Drills
	• 4 x 75, Kick, Scull*, Kick	• 4 x 75, Kick, Scull*, Kick	o 50 - Single Arm, R-L	o 50 - Single Arm, R-L
			o 50 - Alternating	o 50 - Alternating
			Double Arm	Double Arm
			o 50 – L-Drill	○ 50 – L-Drill
			o 50 – Minimum	o 50 – Minimum
			Stokes	Stokes
			0 100 Back	0 100 Back
	(600 yards)	(600 yards)	(300 yards)	(300 yards)
	3 x (3 x 50) @ 1:00	3 x (3 x 50) @ 1:00	Coach Koehr: Starts – Scull	Coach Koehr: Starts – Scull
	Breakout, Turn, Finish	Breakout, Turn, Finish	Progression	Progression
	(450 yards)	(450 yards)	(250 1)	(25)
<i>(</i> F 0	C 1 K 1 D · · · · · · · · · · · · · · · · · ·	C LV L D d	(250 yards)	(250 yards)
6:50	Coach Koehr: Butterfly Progression	Coach Koehr: Butterfly Progression	2 x (8 x 25) Stoke Inspection	2 x (8 x 25) Stoke Inspection
to 7:05	(300 yards)	(300 yards)	• Free then Back	• Free then Back
7.05	(300 yards)	(300 yards)	(400 yards)	(400 yards)
	2 x (10 x 25) Stoke Inspection	2 x (8 x 25) Stoke Inspection	Coach Koehr: Butterfly	Coach Koehr: Butterfly
	Free then Back	Free then Back	Progression	Progression
	(500 yards)	(400 yards)	(300 yards)	(300 yards)
	2 Rounds Free, then Back	2 Rounds Free, then Back	V-Sprints from middle of pool	V-Sprints from middle of pool
	• 2 x 25 Scull	• 2 x 25 Scull	• 4 x 25 V-Sprint Free @ :40	• 4 x 25 V-Sprint Free @ :40
	• 2 x 50 Drill	• 2 x 50 Drill	• 4 x 25 V-Sprint Back @ :40	• 4 x 25 V-Sprint Back @ :40
	• 2 x 50 Build	• 2 x 50 Build	• Repeat	• Repeat
	• 4 x 25 Fast	• 4 x 25 Fast	(400 yards)	(400 yards)
	• 100 Fast from Dive	• 100 Fast from Dive		
	(450 yards)	(450 yards)		
	1 x 100 Warm-down	1 x 100 Warm-down	1 x 50 Warm-down	1 x 50 Warm-down
	(100 yards)	(100 yards)	(50 yards)	(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