

Swimming Practice

Thursday, December 5th

- Objectives: Free and Back Starts, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> 200 Free 100 FR/BK by 25 100 FR, 4-4-4-4 Kicks (400 yards) 	Warm-up <ul style="list-style-type: none"> 200 Free 100 FR/BK by 25 100 FR, 4-4-4-4 Kicks (400 yards) 	Warm-up <ul style="list-style-type: none"> 300 Freestyle Drills (300 yards) 	Warm-up <ul style="list-style-type: none"> 300 Freestyle Drills (300 yards)
	8 x 25 Blast Kicks <ul style="list-style-type: none"> Streamline, 3 kicks, 10 yds flutter Streamline, 8 fast kicks (200 yards) 	8 x 25 Blast Kicks <ul style="list-style-type: none"> Streamline, 3 kicks, 10 yds flutter Streamline, 8 fast kicks (200 yards) 	Guest Coach Bryce Bohman: Starts - Free (250 yards)	Guest Coach Bryce Bohman: Starts - Free (250 yards)
	Vertical Kicking <ul style="list-style-type: none"> 30 secs to fingertips 20 secs to elbows 10 secs streamline 5 secs push off bottom (200 yards) 	Vertical Kicking <ul style="list-style-type: none"> 30 secs to fingertips 20 secs to elbows 10 secs streamline 5 secs push off bottom (200 yards) 		
6:50 to 7:05	Guest Coach Bryce Bohman – Free and Back (300 yards)	Coach Koehr: Starts – Butterfly Progression (300 yards)	2 x (8 x 25) Stoke Inspection <ul style="list-style-type: none"> Free then Back (400 yards) 	2 x (8 x 25) Stoke Inspection <ul style="list-style-type: none"> Free then Back (400 yards)
	3 x (4 x 25) Underwater on 1:00 <ul style="list-style-type: none"> Rotate F-L-B-R Rest between sets (300 yards) 	3 x (4 x 25) Underwater on 1:00 <ul style="list-style-type: none"> Rotate F-L-B-R Rest between sets (300 yards) 	Guest Coach Bryce Bohman: Starts - Back (300 yards)	Guest Coach Bryce Bohman: Starts - Back (300 yards)
	5 x 100 JPLs Fav @ 1:40 <ul style="list-style-type: none"> 25 hard/75 smooth 50 hard/50 smooth 75 hard/25 smooth 100 smooth 100 Timed Sprint (500 yards) 	5 x 100 JPLs Fav @ 1:40 <ul style="list-style-type: none"> 25 hard/75 smooth 50 hard/50 smooth 75 hard/25 smooth 100 smooth 100 Timed Sprint (500 yards) 	2 x (8 x 25) Fast <ul style="list-style-type: none"> Efficient Count strokes 5 kicks, more if possible (400 yards) 	2 x (6 x 25) Fast <ul style="list-style-type: none"> Efficient Count strokes 5 kicks, more if possible (300 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)
	2,000 yards	2,000 yards	1,700 yards	1,600 yards