## Swimming Practice Thursday, December 5<sup>th</sup>

• Objectives: Free and Back Starts, Build a Base

·	Group 1	Group 2	Group 3	Group 4
	Warm-up	Warm-up	Warm-up	Warm-up
	• 200 Free	• 200 Free	• 300 Freestyle Drills	• 300 Freestyle Drills
	• 100 FR/BK by 25	• 100 FR/BK by 25	(300 yards)	(300 yards)
	• 100 FR, 4-4-4-4 Kicks	• 100 FR, 4-4-4 Kicks		
	(400 yards)	(400 yards)		
	8 x 25 Blast Kicks	8 x 25 Blast Kicks	Guest Coach Bryce Bohman:	Guest Coach Bryce Bohman:
	• Streamline, 3 kicks, 10 yds flutter	• Streamline, 3 kicks, 10 yds flutter	Starts - Free	Starts - Free
	• Streamline, 8 fast kicks (200 yards)	• Streamline, 8 fast kicks (200 yards)	(250 yards)	(250 yards)
	Vertical Kicking	Vertical Kicking		
	• 30 secs to fingertips	• 30 secs to fingertips		
	• 20 secs to elbows	• 20 secs to elbows		
	• 10 secs streamline	• 10 secs streamline		
	• 5 secs push off bottom	• 5 secs push off bottom		
	(200 yards)	(200 yards)		
6:50	Guest Coach Bryce Bohman –	Coach Koehr: Starts – Butterfly	2 x (8 x 25) Stoke Inspection	2 x (8 x 25) Stoke Inspection
to	Free and Back	Progression	Free then Back	• Free then Back
7:05	(300 yards)	(300 yards)	(400 yards)	(400 yards)
	3 x (4 x 25) Underwater on 1:00	3 x (4 x 25) Underwater on 1:00	Guest Coach Bryce Bohman:	Guest Coach Bryce Bohman:
	• Rotate F-L-B-R	• Rotate F-L-B-R	Starts - Back	Starts - Back
	• Rest between sets	• Rest between sets	(200 1)	(200 1)
	(300 yards)	(300 yards)	(300 yards)	(300 yards)
	5 x 100 JPLs Fav @ 1:40	5 x 100 JPLs Fav @ 1:40	2 x (8 x 25) Fast	2 x (6 x 25) Fast
	• 25 hard/75 smooth	• 25 hard/75 smooth	• Efficient	• Efficient
	• 50 hard/50 smooth	• 50 hard/50 smooth	<ul> <li>Count strokes</li> </ul>	<ul> <li>Count strokes</li> </ul>
	• 75 hard/25 smooth	• 75 hard/25 smooth	• 5 kicks, more if possible	• 5 kicks, more if possible
	• 100 smooth	• 100 smooth	(400 yards)	(300 yards)
	• 100 Timed Sprint	• 100 Timed Sprint		
	(500 yards)	(500 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)
	2,000 yards	2,000 yards	1,700 yards	1,600 yards