Swimming Practice Tuesday, December 10th

• Objectives: Fast Breakouts, Build a Base

Group 1	Group 2	Group 3	Group 4
Warm-up	Warm-up	Warm-up	Warm-up
• 200 Free	• 200 Free	300 Backstroke Drills	• 300 Backstroke Drills
• 100 FR/BK by 25	• 100 FR/BK by 25	(300 yards)	(300 yards)
• 100 FR, 7-6-5-4 Kicks	• 100 FR, 7-6-5-4 Kicks		
(400 yards)	(400 yards)		
4 x (2 x 25) Blast Kicks	4 x (2 x 25) Blast Kicks	4 x (2 x 25) Blast Kicks	4 x (2 x 25) Blast Kicks
• Streamline, 3 kicks, 10 yds	• Streamline, 3 kicks, 10 yds	Streamline, 3 kicks, 10 yds	• Streamline, 3 kicks, 10 yds
flutter, fast feet	flutter, fast feet	flutter, fast feet	flutter, fast feet
• Streamline, 8 fast kicks, fast	• Streamline, 8 fast kicks, fast	Streamline, 8 fast kicks, fast	• Streamline, 8 fast kicks, fast
flutter	flutter	flutter	flutter
(200 yards)	(200 yards)	(200 yards)	(200 yards)
Breakout Drills, Max effort	Breakout Drills, Max effort	Breakout Drills, Max effort	Breakout Drills, Max effort
through breakout	through breakout	through breakout	through breakout
• 4 x 25 Free	• 4 x 25 Free	• 4 x 25 Free	• 4 x 25 Free
• 4 x 25 Back	• 4 x 25 Back	• 4 x 25 Back	• 4 x 25 Back
(200 yards)	(200 yards)	(200 yards)	(200 yards)
2 x (5 x 100) on 1:30	2 x (4 x 100) on 1:40	2 x (4 x 100) on 1:45	2 x (3 x 100) on 1:50
• FR for 1, 3, 5	• FR for 1, 3	• FR for 1, 3, 5	• FR for 1, 3, 5
• BK/FR by 50 for 2, 4	• BK/FR by 50 for 2, 4	• BK/FR by 50 for 2, 4	• BK/FR by 50 for 2, 4
(1,000 yards)	(800 yards)	(800 yards)	(600 yards)
Breath Control, 2 Rounds	Breath Control, 2 Rounds		
• 2 x 50, 1 breath down, 2 back	• 2 x 50, 1 breath down, 2 back		
• 1 x 25 BK	• 1 x 25 BK		
• 1 x 25 Smooth, no breath	• 1 x 25 Smooth, no breath		
(300 yards)	(300 yards)		
14 x 25 from Blocks, Breakout	14 x 25 from Blocks, Breakout	14 x 25 from Blocks, Breakout	14 x 25 from Blocks, Breakout
• 1 smooth/1 fast @ :30	• 1 smooth/1 fast @ :30	• 1 smooth/1 fast @:30	• 1 smooth/1 fast @ :30
• 1 smooth/2 fast @ :35	• 1 smooth/2 fast @ :35	• 1 smooth/2 fast @:35	• 1 smooth/2 fast @:35
• 1 smooth/3 fast @ :40	• 1 smooth/3 fast @:40	• 1 smooth/3 fast @:40	• 1 smooth/3 fast @:40
• 1 smooth/4 fast @ :45	• 1 smooth/4 fast @ :45	• 1 smooth/4 fast @ :45	• 1 smooth/4 fast @ :45
(350 yards)	(350 yards)	(350 yards)	(350 yards)
1 x 100 Warm-down	1 x 100 Warm-down	1 x 100 Warm-down	1 x 100 Warm-down
(100 yards)	(100 yards)	(100 yards)	(100 yards)
2.5504-	2.2501-	2.0504-	1.0501-
2,550 yards	2,350 yards	2,050 yards	1,850 yards