

## Swimming Practice Tuesday, December 10<sup>th</sup>

- Objectives: Fast Breakouts, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> <li>200 Free</li> <li>100 FR/BK by 25</li> <li>100 FR, 7-6-5-4 Kicks (400 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>200 Free</li> <li>100 FR/BK by 25</li> <li>100 FR, 7-6-5-4 Kicks (400 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 Backstroke Drills (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 Backstroke Drills (300 yards)</li> </ul>
	4 x (2 x 25) Blast Kicks <ul style="list-style-type: none"> <li>Streamline, 3 kicks, 10 yds flutter, fast feet</li> <li>Streamline, 8 fast kicks, fast flutter (200 yards)</li> </ul>	4 x (2 x 25) Blast Kicks <ul style="list-style-type: none"> <li>Streamline, 3 kicks, 10 yds flutter, fast feet</li> <li>Streamline, 8 fast kicks, fast flutter (200 yards)</li> </ul>	4 x (2 x 25) Blast Kicks <ul style="list-style-type: none"> <li>Streamline, 3 kicks, 10 yds flutter, fast feet</li> <li>Streamline, 8 fast kicks, fast flutter (200 yards)</li> </ul>	4 x (2 x 25) Blast Kicks <ul style="list-style-type: none"> <li>Streamline, 3 kicks, 10 yds flutter, fast feet</li> <li>Streamline, 8 fast kicks, fast flutter (200 yards)</li> </ul>
	Breakout Drills, Max effort through breakout <ul style="list-style-type: none"> <li>4 x 25 Free</li> <li>4 x 25 Back (200 yards)</li> </ul>	Breakout Drills, Max effort through breakout <ul style="list-style-type: none"> <li>4 x 25 Free</li> <li>4 x 25 Back (200 yards)</li> </ul>	Breakout Drills, Max effort through breakout <ul style="list-style-type: none"> <li>4 x 25 Free</li> <li>4 x 25 Back (200 yards)</li> </ul>	Breakout Drills, Max effort through breakout <ul style="list-style-type: none"> <li>4 x 25 Free</li> <li>4 x 25 Back (200 yards)</li> </ul>
	2 x (5 x 100) on 1:30 <ul style="list-style-type: none"> <li>FR for 1, 3, 5</li> <li>BK/FR by 50 for 2, 4 (1,000 yards)</li> </ul>	2 x (4 x 100) on 1:40 <ul style="list-style-type: none"> <li>FR for 1, 3</li> <li>BK/FR by 50 for 2, 4 (800 yards)</li> </ul>	2 x (4 x 100) on 1:45 <ul style="list-style-type: none"> <li>FR for 1, 3, 5</li> <li>BK/FR by 50 for 2, 4 (800 yards)</li> </ul>	2 x (3 x 100) on 1:50 <ul style="list-style-type: none"> <li>FR for 1, 3, 5</li> <li>BK/FR by 50 for 2, 4 (600 yards)</li> </ul>
	Breath Control, 2 Rounds <ul style="list-style-type: none"> <li>2 x 50, 1 breath down, 2 back</li> <li>1 x 25 BK</li> <li>1 x 25 Smooth, no breath (300 yards)</li> </ul>	Breath Control, 2 Rounds <ul style="list-style-type: none"> <li>2 x 50, 1 breath down, 2 back</li> <li>1 x 25 BK</li> <li>1 x 25 Smooth, no breath (300 yards)</li> </ul>		
	14 x 25 from Blocks, Breakout <ul style="list-style-type: none"> <li>1 smooth/1 fast @ :30</li> <li>1 smooth/2 fast @ :35</li> <li>1 smooth/3 fast @ :40</li> <li>1 smooth/4 fast @ :45 (350 yards)</li> </ul>	14 x 25 from Blocks, Breakout <ul style="list-style-type: none"> <li>1 smooth/1 fast @ :30</li> <li>1 smooth/2 fast @ :35</li> <li>1 smooth/3 fast @ :40</li> <li>1 smooth/4 fast @ :45 (350 yards)</li> </ul>	14 x 25 from Blocks, Breakout <ul style="list-style-type: none"> <li>1 smooth/1 fast @ :30</li> <li>1 smooth/2 fast @ :35</li> <li>1 smooth/3 fast @ :40</li> <li>1 smooth/4 fast @ :45 (350 yards)</li> </ul>	14 x 25 from Blocks, Breakout <ul style="list-style-type: none"> <li>1 smooth/1 fast @ :30</li> <li>1 smooth/2 fast @ :35</li> <li>1 smooth/3 fast @ :40</li> <li>1 smooth/4 fast @ :45 (350 yards)</li> </ul>
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	<b>2,550 yards</b>	<b>2,350 yards</b>	<b>2,050 yards</b>	<b>1,850 yards</b>