

Swimming Practice
Thursday, December 12th

- Objectives: Finish Butterfly, 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 Backstroke Drills with turns (300 yards) 	Warm-up <ul style="list-style-type: none"> 300 Backstroke Drills with turns (300 yards)
	2 x (5 x 100) @ :10 seconds rest <ul style="list-style-type: none"> Alternate Free/IM Aerobic Threshold (1,000 yards) 	2 x (5 x 100) @ :10 seconds rest <ul style="list-style-type: none"> Alternate Free/IM Aerobic Threshold (1,000 yards) 	Coach Koehr: Butterfly Progression (300 yards)	Coach Koehr: Butterfly Progression (300 yards)
6:50 to 7:05	Coach Koehr: Butterfly Progression (300 yards)	Coach Koehr: Butterfly Progression (300 yards)	3 x (4 x 25) Butterfly @ :45 <ul style="list-style-type: none"> 6 underwater kicks Technique focus (300 yards) 	3 x (4 x 25) Butterfly @ :45 <ul style="list-style-type: none"> 6 underwater kicks Technique focus (300 yards)
			6 x 50 FL/BK by 25 @ :60 (300 yards)	5 x 50 FL/BK by 25 @ :70 (250 yards)
	3 x (4 x 25) Butterfly @ :30 <ul style="list-style-type: none"> 6 underwater kicks Max effort (300 yards) 	3 x (4 x 25) Butterfly @ :30 <ul style="list-style-type: none"> 6 underwater kicks Max effort (300 yards) 	Coach Koehr: Butterfly Progression (300 yards)	Coach Koehr: Butterfly Progression (300 yards)
	3 x (6 x 25) Sprint Kicks @ :40 <ul style="list-style-type: none"> 6 underwater kicks Max effort flutter kick (450 yards) 	3 x (4 x 25) Sprint Kicks @ :40 <ul style="list-style-type: none"> 6 underwater kicks Max effort flutter kick (300 yards) 	3 x (4 x 25) Butterfly @ :45 <ul style="list-style-type: none"> 6 underwater kicks Max effort (300 yards) 	3 x (4 x 25) Butterfly @ :60 <ul style="list-style-type: none"> 6 underwater kicks Max effort (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)
	2,550 yards	2,400 yards	1,850 yards	1,800 yards