

## Swimming Practice Thursday, December 12<sup>th</sup>

- Objectives: Finish Butterfly, Build a Base

	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
	Warm-up <ul style="list-style-type: none"> <li>200 Free</li> <li>100 FR/BK by 25</li> <li>100 FR, 4-4-4-4 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, 4-4-4-4 Kicks (400 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 Backstroke Drills with turns (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 Backstroke Drills with turns (300 yards)</li> </ul>
	2 x (5 x 100) @ :10 seconds rest <ul style="list-style-type: none"> <li>Alternate Free/IM</li> <li>Aerobic Threshold (1,000 yards)</li> </ul>	2 x (5 x 100) @ :10 seconds rest <ul style="list-style-type: none"> <li>Alternate Free/IM</li> <li>Aerobic Threshold (1,000 yards)</li> </ul>	Coach Koehr: Butterfly Progression (300 yards)	Coach Koehr: Butterfly Progression (300 yards)
<b>6:50 to 7:05</b>	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"> <li>6 underwater kicks</li> <li>Technique focus (300 yards)</li> </ul>	3 x (4 x 25) Butterfly @ :45 <ul style="list-style-type: none"> <li>6 underwater kicks</li> <li>Technique focus (300 yards)</li> </ul>
			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"> <li>6 underwater kicks</li> <li>Max effort (300 yards)</li> </ul>	3 x (4 x 25) Butterfly @ :30 <ul style="list-style-type: none"> <li>6 underwater kicks</li> <li>Max effort (300 yards)</li> </ul>	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"> <li>6 underwater kicks</li> <li>Max effort flutter kick (450 yards)</li> </ul>	3 x (4 x 25) Sprint Kicks @ :40 <ul style="list-style-type: none"> <li>6 underwater kicks</li> <li>Max effort flutter kick (300 yards)</li> </ul>	3 x (4 x 25) Butterfly @ :45 <ul style="list-style-type: none"> <li>6 underwater kicks</li> <li>Max effort (300 yards)</li> </ul>	3 x (4 x 25) Butterfly @ :60 <ul style="list-style-type: none"> <li>6 underwater kicks</li> <li>Max effort (300 yards)</li> </ul>
	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)
	<b>2,550 yards</b>	<b>2,400 yards</b>	<b>1,850 yards</b>	<b>1,800 yards</b>