

**Swimming Practice**  
**Monday, December 16<sup>th</sup>**

- Objectives: Start Breaststroke, 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 IM 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 IM 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 Butterfly Drills (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 Butterfly Drills (300 yards)</li> </ul>
	Ladder @ :10 seconds rest <ul style="list-style-type: none"> <li>1 x 50 FL/BK</li> <li>1 x 100 IM</li> <li>1 x 150 FL/BK/BR by 50</li> <li>1 x 200 FR, long walls</li> <li>Back down 150, 100, 50</li> <li>Aerobic Threshold (800 yards)</li> </ul>	Ladder @ :10 seconds rest <ul style="list-style-type: none"> <li>1 x 50 FL/BK</li> <li>1 x 100 IM</li> <li>1 x 100 FR, long walls</li> <li>1 x 150 FL/BK/BR by 50</li> <li>Back down 100, 100, 50</li> <li>Aerobic Threshold (650 yards)</li> </ul>	Coach Palazzo: Breaststroke Progression (300 yards)	Coach Palazzo: Breaststroke Progression (300 yards)
<b>6:50 to 7:05</b>	Coach Palazzo: Breaststroke Progression (300 yards)	Coach Palazzo: Breaststroke Progression (300 yards)	Ladder @ :10 seconds rest <ul style="list-style-type: none"> <li>1 x 50 FL/BK</li> <li>1 x 100 IM</li> <li>1 x 150 FL/BK/BR by 50</li> <li>Back down 150, 100, 50</li> <li>Aerobic Threshold (600 yards)</li> </ul>	Ladder @ :10 seconds rest <ul style="list-style-type: none"> <li>1 x 50 FL/BK</li> <li>1 x 100 IM</li> <li>1 x 150 FL/BK/BR by 50</li> <li>Back down 150, 100, 50</li> <li>Aerobic Threshold (600 yards)</li> </ul>
	2 x 150 Free/IM (no FR) @ 2:30 (300 yards)	2 x 150 Free/IM (no FR) @ 2:45 (300 yards)	4 x 25 Sit Scull @ 1:00 (100 yards)	4 x 25 Sit Scull @ 1:00 (100 yards)
	4 x 25 Sit Scull @ 1:00 (100 yards)	4 x 25 Sit Scull @ 1:00 (100 yards)	Coach Palazzo: Breaststroke Progression (300 yards)	Coach Palazzo: Breaststroke Progression (300 yards)
	2 x 100 FR/IM 2 x 75 IM Sprint 2 x 50 FR Sprint On Coaches Start Repeat 2X (700 yards)	2 x 100 FR/IM 2 x 75 IM Sprint 2 x 50 FR Sprint On Coaches Start Repeat 2X (700 yards)	8 x 25 Side-by-Side Sprints @ :45 <ul style="list-style-type: none"> <li>Alternative strokes</li> <li>Max effort (200 yards)</li> </ul>	8 x 25 Side-by-Side Sprints @ :45 <ul style="list-style-type: none"> <li>Alternative strokes</li> <li>Max effort (200 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>2,700 yards</b>	<b>2,550 yards</b>	<b>1,950 yards</b>	<b>1,950 yards</b>