Swimming Practice Monday, December 16th

• Objectives: Start Breaststroke, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up	Warm-up	Warm-up	Warm-up
	• 200 Free	• 200 Free	• 300 Butterfly Drills	• 300 Butterfly Drills
	• 100 IM by 25	• 100 IM by 25	(300 yards)	(300 yards)
	• 100 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks		
	(400 yards)	(400 yards)		
	Ladder @:10 seconds rest	Ladder @:10 seconds rest	Coach Palazzo: Breaststroke	Coach Palazzo: Breaststroke
	• 1 x 50 FL/BK	• 1 x 50 FL/BK	Progression	Progression
	• 1 x 100 IM	• 1 x 100 IM	(300 yards)	(300 yards)
	• 1 x 150 FL/BK/BR by 50	• 1 x 100 FR, long walls		
	• 1 x 200 FR, long walls	• 1 x 150 FL/BK/BR by 50		
	• Back down 150, 100, 50	• Back down 100, 100, 50		
	Aerobic Threshold	Aerobic Threshold		
	(800 yards)	(650 yards)		
6:50	Coach Palazzo: Breaststroke	Coach Palazzo: Breaststroke	Ladder @:10 seconds rest	Ladder @:10 seconds rest
to	Progression	Progression	• 1 x 50 FL/BK	• 1 x 50 FL/BK
7:05	(300 yards)	(300 yards)	• 1 x 100 IM	• 1 x 100 IM
			• 1 x 150 FL/BK/BR by 50	• 1 x 150 FL/BK/BR by 50
			• Back down 150, 100, 50	• Back down 150, 100, 50
			Aerobic Threshold	Aerobic Threshold
			(600 yards)	(600 yards)
	2 x 150 Free/IM (no FR) @ 2:30	2 x 150 Free/IM (no FR) @ 2:45	4 x 25 Sit Scull @ 1:00	4 x 25 Sit Scull @ 1:00
	(300 yards)	(300 yards)	(100 yards)	(100 yards)
	4 x 25 Sit Scull @, 1:00	4 x 25 Sit Scull @, 1:00	Coach Palazzo: Breaststroke	Coach Palazzo: Breaststroke
	(100 yards)	(100 yards)	Progression	Progression
	(100 yards)	(100 yards)	(300 yards)	(300 yards)
	2 400 FP /FM	2 400 FP /TM	,	` ,
	2 x 100 FR/IM	2 x 100 FR/IM	8 x 25 Side-by-Side Sprints @ :45	8 x 25 Side-by-Side Sprints @ :45
	2 x 75 IM Sprint 2 x 50 FR Sprint	2 x 75 IM Sprint	Alternative strokes	Alternative strokes
	On Coaches Start	2 x 50 FR Sprint On Coaches Start	• Max effort	• Max effort
	Repeat 2X	Repeat 2X	(200 yards)	(200 yards)
	(700 yards)	(700 yards)		
	1 x 100 Warm-down	1 x 100 Warm-down	1 x 50 Warm-down	1 x 50 Warm-down
	(100 yards)	(100 yards)	(50 yards)	(50 yards)
	2,700 yards	2,550 yards	1,950 yards	1,950 yards