

**Swimming Practice**  
**Tuesday, December 17<sup>th</sup>**

- Objectives: Finish 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 BR Drills 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 BR Drills 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/Breaststroke Drills (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 Butterfly/Breaststroke Drills (300 yards)</li> </ul>
	3 x (6 x 50) @ :45, Finish @ :33 (900 yards)	3 x (5 x 50) @ :50, Finish @ :36 (750 yards)	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)	2 x (4 x 75) Free/IM (no FR) @ 1:30 Aerobic Threshold (600 yards)	2 x (3 x 75) Free/IM (no FR)/FR @ 1:30 Aerobic Threshold (450 yards)
	2 x (4 x 75) Free/IM (no FR) @ 1:20 Aerobic Threshold (600 yards)	2 x (4 x 75) Free/IM (no FR) @ 1:20 Aerobic Threshold (600 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)
	<ul style="list-style-type: none"> <li>1 x 150 FR/FL/FR/BK/FR/BR by 25</li> <li>2 x 100 IM, BK/BR by 25</li> <li>6 x 25 FL (500 yards)</li> </ul>	<ul style="list-style-type: none"> <li>1 x 100 FR/FL/FR/BR by 25</li> <li>1 x 100 IM</li> <li>1 x 100 FR/FL/FR/BR by 25</li> <li>4 x 25 FL (400 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>	6 x 25 Side-by-Side Sprints @ :45 <ul style="list-style-type: none"> <li>Alternative strokes</li> <li>Max effort (150 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>2,900 yards</b>	<b>2,400 yards</b>	<b>1,850 yards</b>	<b>1,650 yards</b>