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

• Objectives: Finish 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/Breaststroke	• 300 Butterfly/Breaststroke
	• 100 BR Drills by 25	• 100 BR Drills by 25	Drills	Drills
	• 100 FR, 4-4-4 Kicks	• 100 FR, 4-4-4-4 Kicks	(300 yards)	(300 yards)
	(400 yards)	(400 yards)		
	3 x (6 x 50) @ :45, Finish @ :33	3 x (5 x 50) @ :50, Finish @ :36	Coach Palazzo: Breaststroke	Coach Palazzo: Breaststroke
	(900 yards)	(750 yards)	Progression	Progression
			(300 yards)	(300 yards)
6:50	Coach Palazzo: Breaststroke	Coach Palazzo: Breaststroke	2 x (4 x 75) Free/IM (no FR) @	2 x (3 x 75) Free/IM (no FR)/FR
to	Progression	Progression	1:30	@ 1:30
7:05	(300 yards)	(300 yards)	Aerobic Threshold	Aerobic Threshold
			(600 yards)	(450 yards)
	2 x (4 x 75) Free/IM (no FR) @	2 x (4 x 75) Free/IM (no FR) @	4 x 25 Sit Scull @ 1:00	4 x 25 Sit Scull @ 1:00
	1:20	1:20	(100 yards)	(100 yards)
	Aerobic Threshold	Aerobic Threshold		
	(600 yards)	(600 yards)	C I D I D I I	C I D I D I I
	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
			(300 yards)	(300 yards)
	• 1 x 150	• 1 x 100 FR/FL/FR/BR by 25	8 x 25 Side-by-Side Sprints @ :45	6 x 25 Side-by-Side Sprints @ :45
	FR/FL/FR/BK/FR/BR by	• 1 x 100 IM	Alternative strokes	Alternative strokes
	25	• 1 x 100 FR/FL/FR/BR by 25	Max effort	Max effort
	• 2 x 100 IM, BK/BR by 25	• 4 x 25 FL	(200 yards)	(150 yards)
	• 6 x 25 FL	(400 yards)		
	(500 yards)	(100 yardo)		
	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)
	2,900 yards	2,400 yards	1,850 yards	1,650 yards