

Swimming Practice

Thursday, December 19th

- Objectives: Open Turns, Breaststroke Pullouts, Finishes, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> 200 Free 100 Drills by 25 100 FR, 4-4-4-4 Kicks (400 yards) 	Warm-up <ul style="list-style-type: none"> 200 Free 100 Drills by 25 100 FR, 4-4-4-4 Kicks (400 yards) 	Warm-up <ul style="list-style-type: none"> 300 Butterfly/Breaststroke Drills (300 yards) 	Warm-up <ul style="list-style-type: none"> 300 Butterfly/Breaststroke Drills (300 yards)
	Lactate Stackers 3 x (8 x 25) @ :30 Coach calls strokes and # kicks Finish head-down, on side (600 yards)	Lactate Stackers 3 x (7 x 25) @ :35 Coach calls strokes and # kicks (550 yards)	Coach Koehr: Open Turns (300 yards)	Coach Koehr: Open Turns (300 yards)
6:50 to 7:05	Coach Koehr: Open Turns, Breaststroke Pullouts (300 yards)	Coach Koehr: Open Turns, Breaststroke Pullouts (300 yards)	Lactate Stackers 3 x (6 x 25) @ :40 Coach calls strokes and # kicks (450 yards)	Lactate Stackers 2 x (6 x 25) @ :60 Coach calls strokes and # kicks (300 yards)
	1 x 100 IM 1 x 75 FR 1 x 50 FL/Best Odd 1 x 25 FR, kick to 15 meters Repeat 2X Coaches Start, very fast (750 yards)	1 x 100 IM 1 x 75 FR 1 x 50 FL/Best Odd 1 x 25 FR, kick to 15 meters Repeat 2X Coaches Start, very fast (750 yards)	Practice Finishes 8 x 25 Side-by-Side Sprints @ :45 <ul style="list-style-type: none"> Alternative strokes Max effort (200 yards) 	Practice Finishes 8 x 25 Side-by-Side Sprints @ :50 <ul style="list-style-type: none"> Alternative strokes Max effort (200 yards)
	2 x 200 IM @ 2:45 (400 yards)	2 x 200 IM @ 2:45 (400 yards)	Coach Koehr: Breaststroke Pullouts (300 yards)	Coach Koehr: Breaststroke Pullouts (300 yards)
	8 x 30 FL/BR sprints from blocks <ul style="list-style-type: none"> Good pulldowns Good open turns (400 yards) 	8 x 30 FL/BR sprints from blocks <ul style="list-style-type: none"> Good pulldowns Good open turns (400 yards) 	6 x 30 FL/BR sprints from blocks <ul style="list-style-type: none"> Good pulldowns Good open turns (250 yards) 	6 x 30 FL/BR sprints from blocks <ul style="list-style-type: none"> Good pulldowns Good open turns (250 yards)
	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)
	2,700 yards	2,400 yards	1,850 yards	1,700 yards