

Swimming Practice
Monday, January 6th

- Objectives: Heavy Aerobic Conditioning

	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"> 100 Free 100 Drills by 25 100 FR, 4-4-4-4 Kicks (300 yards) 	Warm-up <ul style="list-style-type: none"> 100 Free 100 Drills by 25 100 FR, 4-4-4-4 Kicks (300 yards) 	Warm-up <ul style="list-style-type: none"> 100 Free 100 Drills by 25 100 FR, 4-4-4-4 Kicks (300 yards)
	<ul style="list-style-type: none"> 4 X 50 kick, side-by-side 4 x 75, alternate 25s free, Best Odd, free 4 X 100, as 50 swim, 50 max distance per stroke <ul style="list-style-type: none"> Alt FR/Best Odd (900 yards)	<ul style="list-style-type: none"> 4 X 50 kick, side-by-side 4 x 75, alternate 25s free, Best Odd, free 4 X 100, as 50 swim, 50 max distance per stroke <ul style="list-style-type: none"> Alt FR/Best Odd (900 yards)	<ul style="list-style-type: none"> 4 X 50 kick, side-by-side 4 x 75, alternate 25s free, Best Odd, free 4 X 100, as 50 swim, 50 max distance per stroke <ul style="list-style-type: none"> Alt FR/Best Odd (900 yards)	<ul style="list-style-type: none"> 4 X 50 kick, side-by-side 4 x 75, alternate 25s free, Best Odd, free 4 X 100, as 50 swim, 50 max distance per stroke <ul style="list-style-type: none"> Alt FR/Best Odd (900 yards)
	400 Free, every 4 th hypoxic (2 breaths) 300 Free, every 3 rd fly 200 Free, alternate lengths fast and smooth 100 IM 4 X 50, alternate choice/triple switch (1,200 yards)	300 Free, every 4 th hypoxic (2 breaths) 250 Free, every 3 rd fly 200 Free, alternate lengths fast and smooth 100 IM 4 X 50, alternate choice/triple switch (1,050 yards)	200 Free, every 4 th hypoxic (2 breaths) 150 Free, every 3 rd fly 100 Free, alternate lengths fast and smooth 75 IM 4 X 50, alternate choice/triple switch 1 x 25 hard kick on back (750 yards)	200 Free, every 4 th hypoxic (2 breaths) 150 Free, every 3 rd fly 100 Free, alternate lengths fast and smooth 75 IM 4 X 50, alternate choice/triple switch 1 x 25 hard kick on back (750 yards)
	10 X 50 on 180 (500 yards)	10 X 50 on 180 (500 yards)	10 X 50 @ :60 (500 yards)	8 X 50 @ :60 (500 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	3,000 yards	2,850 yards	2,550 yards	2,450 yards