

**Swimming Practice**  
**Tuesday, January 7<sup>th</sup>**

- Objectives: Heavy Aerobic Conditioning

	<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 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>100 Free</li> <li>100 Drills by 25</li> <li>100 FR, 4-4-4-4 Kicks (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>100 Free</li> <li>100 Drills by 25</li> <li>100 FR, 4-4-4-4 Kicks (300 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>100 Free</li> <li>100 Drills by 25</li> <li>100 FR, 4-4-4-4 Kicks (300 yards)</li> </ul>
	5-4-3-2-1 – 500 Locomotive* 400 Pull 300 Kick 200 Drill 100 Timed Sprint (1,500 yards)	5-4-3-2-1 – 500 Locomotive* 400 Pull 300 Kick 200 Drill 100 Timed Sprint (1,500 yards)	5-4-3-2-1 – 500 Locomotive* 400 Pull 300 Kick 200 Drill 100 Timed Sprint (1,500 yards)	5-4-3-2-1 – 500 Locomotive* 400 Pull 300 Kick 200 Drill 100 Timed Sprint (1,500 yards)
	5 x 100 increasing accelerators - Choice (500 yards)	4 x 100 increasing accelerators - Choice (400 yards)		
	8 x 50 increasing accelerators – Best Odd (400 yards)	6 x 50 increasing accelerators – Best Odd (300 yards)	2 x (5 x 50) increasing accelerators – Best Odd (500 yards)	6 x 50 increasing accelerators – Best Odd (300 yards)
	10x25 alt underwater body dolphin/sprint choice (300 yards)	8x25 alt underwater body dolphin/sprint choice (250 yards)	10x25 alt underwater body dolphin/sprint choice (300 yards)	10x25 alt underwater body dolphin/sprint choice (300 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)
	<b>3,100 yards</b>	<b>2,850 yards</b>	<b>2,700 yards</b>	<b>2,500 yards</b>

*\*Locomotive = 25 fast/75 smooth, 50 fast/50 smooth, 75 fast/25 smooth, 100 smooth, 100 fast*