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

• Objectives: Heavy Aerobic Conditioning

Group 1	Group 2	Group 3	Group 4
Warm-up	Warm-up	Warm-up	Warm-up
• 200 Free	• 100 Free	• 100 Free	• 100 Free
• 100 Drills by 25	• 100 Drills by 25	• 100 Drills by 25	• 100 Drills by 25
• 100 FR, 4-4-4-4 Kicks	• 100 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks
(400 yards)	(300 yards)	(300 yards)	(300 yards)
5-4-3-2-1 —	5-4-3-2-1 —	5-4-3-2-1 —	5-4-3-2-1 —
500 Locomotive*	500 Locomotive*	500 Locomotive*	500 Locomotive*
400 Pull	400 Pull	400 Pull	400 Pull
300 Kick	300 Kick	300 Kick	300 Kick
200 Drill	200 Drill	200 Drill	200 Drill
100 Timed Sprint	100 Timed Sprint	100 Timed Sprint	100 Timed Sprint
(1,500 yards)	(1,500 yards)	(1,500 yards)	(1,500 yards)
5 x 100 increasing accelerators -	4 x 100 increasing accelerators -		
Choice	Choice		
(500 yards)	(400 yards)		
8 x 50 increasing accelerators –	6 x 50 increasing accelerators –	2 x (5 x 50) increasing accelerators	6 x 50 increasing accelerators –
Best Odd	Best Odd	– Best Odd	Best Odd
(400 yards)	(300 yards)	(500 yards)	(300 yards)
10x25 alt underwater body	8x25 alt underwater body	10x25 alt underwater body	10x25 alt underwater body
dolphin/sprint choice	dolphin/sprint choice	dolphin/sprint choice	dolphin/sprint choice
(300 yards)	(250 yards)	(300 yards)	(300 yards)
1 x 100 Warm-down	1 x 100 Warm-down	1 x 100 Warm-down	1 x 100 Warm-down
(100 yards)	(100 yards)	(100 yards)	(100 yards)
 3,100 yards	2,850 yards	2,700 yards	2,500 yards

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