

**Swimming Practice**  
**Thursday, November 7<sup>th</sup>**

- Objective:
  - Learn Underwater Body Dolphin
  - Establish Body Position Kicking
- Build a Base:

	<b>Group 1 and 2</b>	<b>Group 3</b>	<b>Group 4</b>
		4-min Swim, alt 50 free, 50 choice (300 yards)	3-min Swim, alt 50 free, 50 choice (200 yards)
		Streamline and kick (100 yards)	Streamline and kick (100 yards)
		Body Dolphin Progression (200 yards)	Body Dolphin Progression (200 yards)
<b>6:50 to 7:05</b>	Body Dolphin Progression (400 yards)	Test Set <ul style="list-style-type: none"> <li>• 5 x 100 Free with 10 secs rest between 100s.</li> <li>• Get a single time for complete set (500 yards)</li> </ul>	Test Set <ul style="list-style-type: none"> <li>• 6 x 75 Free with 10 secs rest between 100s.</li> <li>• Get a single time for complete set (450 yards)</li> </ul>
		Body Dolphin Progression (300 yards)	Body Dolphin Progression (300 yards)
		8 x 25 streamline then hard kick (to entire way underwater if you can) (200 yards)	6 x 25 streamline then hard kick (to entire way underwater if you can) (150 yards)
		8 X 25 on :40 (200 yards)	6 X 25 on :45 or :50 (150 yards)
		<b>1,650 yards</b>	<b>1,600 yards</b>