

Swimming Practice
Thursday, November 7th

- Objectives:
 - Learn Underwater Body Dolphin
 - Build a Base:

	Group 1	Group 2	Group 3	Group 4
	5-min Swim, alt 50 free, 50 choice (400 yards)	5-min Swim, alt 50 free, 50 choice (400 yards)	4-min Swim, alt 50 free, 50 choice (300 yards)	3-min Swim, alt 50 free, 50 choice (200 yards)
	Test Set <ul style="list-style-type: none"> • 5 x 100 Free with 10 secs rest between 100s. • Get a single time for complete set (500 yards)	Test Set <ul style="list-style-type: none"> • 5 x 100 Free with 10 secs rest between 100s. • Get a single time for complete set (500 yards)	Coach Koehr: Body Dolphin Progression (200 yards)	Coach Koehr: Body Dolphin Progression (200 yards)
6:50 to 7:05	Coach Koehr: Body Dolphin Progression (400 yards)	Coach Koehr: Body Dolphin Progression (400 yards)	Test Set <ul style="list-style-type: none"> • 5 x 100 Free with 10 secs rest between 100s. • Get a single time for complete set (500 yards)	Test Set <ul style="list-style-type: none"> • 6 x 75 Free with 10 secs rest between 100s. • Get a single time for complete set (450 yards)
	4x25 Dolphin Kick on :45 <ul style="list-style-type: none"> • The entire way underwater (100 yards)	4x25 Dolphin Kick on :45 <ul style="list-style-type: none"> • The entire way underwater if possible (100 yards)	Coach Koehr: Body Dolphin Progression (300 yards)	Coach Koehr: Body Dolphin Progression (300 yards)
	8 x 25 Sprints on :50 <ul style="list-style-type: none"> • 7 underwater kicks (200 yards)	8 x 25 Sprints on :50 <ul style="list-style-type: none"> • 7 underwater kicks (200 yards)	8 x 25 Streamline Body Dolphin as far as possible <ul style="list-style-type: none"> • hard kick on the surface on your back if necessary (200 yards)	6 x 25 Streamline Body Dolphin as far as possible <ul style="list-style-type: none"> • hard kick on the surface on your back if necessary (150 yards)
	3 x 200 <ul style="list-style-type: none"> • 3-4-5-6 kicks by 50 (600 yards)	3 x 150 <ul style="list-style-type: none"> • 3-4-5 kicks by 50 (450 yards)	8 X 25 on :40 <ul style="list-style-type: none"> • 6 or 7 kicks (200 yards)	6 X 25 on :45 or :50 <ul style="list-style-type: none"> • 5 kicks (150 yards)
	2,200 yards	2,050 yards	1,700 yards	1,450 yards