Swimming Practice Thursday, November 7th

• Objectives:

- Learn Underwater Body DolphinBuild a Base:

	Group 1	Group 2	Group 3	Group 4
	5-min Swim, alt 50 free, 50	5-min Swim, alt 50 free, 50	4-min Swim, alt 50 free, 50	3-min Swim, alt 50 free, 50
	choice	choice	choice	choice
	(400 yards)	(400 yards)	(300 yards)	(200 yards)
	Test Set	Test Set	Coach Koehr: Body Dolphin	Coach Koehr: Body Dolphin
	• 5 x 100 Free with 10	• 5 x 100 Free with 10 secs	Progression	Progression
	secs rest between 100s.	rest between 100s.		
	• Get a single time for	Get a single time for		
	complete set	complete set		
	(500 yards)	(500 yards)	(200 yards)	(200 yards)
6:50	Coach Koehr: Body	Coach Koehr: Body Dolphin	Test Set	Test Set
	Dolphin Progression	Progression	• 5 x 100 Free with 10 secs	• 6 x 75 Free with 10 secs
to			rest between 100s.	rest between 100s.
			Get a single time for	Get a single time for
7:05			complete set	complete set
	(400 yards)	(400 yards)	(500 yards)	(450 yards)
	4x25 Dolphin Kick on :45	4x25 Dolphin Kick on :45	Coach Koehr: Body Dolphin	Coach Koehr: Body Dolphin
	 The entire way 	• The entire way	Progression	Progression
	underwater	underwater if possible		
	(100 yards)	(100 yards)	(300 yards)	(300 yards)
	8 x 25 Sprints on :50	8 x 25 Sprints on :50	8 x 25 Streamline Body	6 x 25 Streamline Body
	 7 underwater kicks 	 7 underwater kicks 	Dolphin as far as possible	Dolphin as far as possible
			 hard kick on the 	 hard kick on the
			surface on your back if	surface on your back if
			necessary	necessary
	(200 yards)	(200 yards)	(200 yards)	(150 yards)
	3 x 200	3 x 150	8 X 25 on :40	6 X 25 on :45 or :50
	• 3-4-5-6 kicks by 50	• 3-4-5 kicks by 50	• 6 or 7 kicks	• 5 kicks
	(600 yards)	(450 yards)	(200 yards)	(150 yards)
	2,200 yards	2,050 yards	1,700 yards	1,450 yards