

**Swimming Practice**  
**Thursday, January 9<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>
	2 Rounds, Free/Choice <ul style="list-style-type: none"> <li>2x25 Scull</li> <li>2x50 Drill</li> <li>2x50 Build</li> <li>4x25 Fast, long underwater</li> <li>100 Fast from blocks (900 yards)</li> </ul>	2 Rounds, Free/Choice <ul style="list-style-type: none"> <li>2x25 Scull</li> <li>2x50 Drill</li> <li>2x50 Build</li> <li>4x25 Fast, long underwater</li> <li>100 Fast from blocks (900 yards)</li> </ul>	2 Rounds, Free/Choice <ul style="list-style-type: none"> <li>2x25 Scull</li> <li>2x50 Drill</li> <li>2x50 Build</li> <li>4x25 Fast, long underwater</li> <li>100 Fast from blocks (900 yards)</li> </ul>	2 Rounds, Free/Choice <ul style="list-style-type: none"> <li>2x25 Scull</li> <li>2x50 Drill</li> <li>2x50 Build</li> <li>4x25 Fast, long underwater</li> <li>100 Fast from blocks (900 yards)</li> </ul>
	10 X 100 on 1:40 <ul style="list-style-type: none"> <li>Alt Free, IM (1000 yards)</li> </ul>	8 X 100 on 1:50 <ul style="list-style-type: none"> <li>Alt Free, IM (800 yards)</li> </ul>	8 X 100 on 1:50 <ul style="list-style-type: none"> <li>Alt Free, IM (800 yards)</li> </ul>	6 X 100 on 1:50 <ul style="list-style-type: none"> <li>Alt Free, IM (600 yards)</li> </ul>
	10 X 50 on 180 (500 yards)	10 X 50 on 180 (500 yards)	8 X 50 on :60 (400 yards)	10 X 50 on 180 (500 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>2,900 yards</b>	<b>2,600 yards</b>	<b>2,500 yards</b>	<b>2,300 yards</b>