

Swimming Practice

Monday, January 13th

- Objectives: Heavy Aerobic Conditioning

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> 300 (75 Free/25 Back, by 100) 200 FR, 4-4-4 Kicks (500 yards) 	Warm-up <ul style="list-style-type: none"> 300 (75 Free/25 Back, by 100) 200 FR, 4-4-4 Kicks (500 yards) 	Warm-up <ul style="list-style-type: none"> 100 Free 100 Drills by 25 100 FR, 4-4-4 Kicks (300 yards) 	Warm-up <ul style="list-style-type: none"> 100 Free 100 Drills by 25 100 FR, 4-4-4 Kicks (300 yards)
	2 X (JPL's Fav) 100 Free, 1 st 25 hard 100 Free, 1 st 50 hard 100 Free, 1 st 75 hard 100 Free, min strokes 100 Free, timed sprint 1 st set Free @ 1:40 2 nd set Best Odd @ 1:50 (1,000 yards)	2 X (JPL's Fav) 100 Free, 1 st 25 hard 100 Free, 1 st 50 hard 100 Free, 1 st 75 hard 100 Free, min strokes 100 Free, timed sprint 1 st set Free @ 1:45 2 nd set Best Odd @ 1:55 (1,000 yards)	2 X (JPL's Fav) 100 Free, 1 st 25 hard 100 Free, 1 st 50 hard 100 Free, 1 st 75 hard 100 Free, min strokes 100 Free, timed sprint 1 st set Free @ 1:45 2 nd set Best Odd @ 1:55 (1,000 yards)	2 X (JPL's Fav) 100 Free, 1 st 25 hard 100 Free, 1 st 50 hard 100 Free, 1 st 75 hard 100 Free, min strokes 100 Free, timed sprint 1 st set Free @ 1:50 2 nd set Best Odd @ 2:00 (1,000 yards)
	The Jam 5 X 200 Free 1 st 50 at <35 secs Last 150 @ 75% (1,000 yards)	The Jam 5 X 200 Free 1 st 50 at <35 secs Last 150 @ 75% (1,000 yards)	The Jam 4X 200 Free 1 st 50 at <35 secs Last 150 @ 75% (800 yards)	The Jam 4 X 200 Free 1 st 50 at <35 secs Last 150 @ 75% (800 yards)
	8 x 75 hard kick, swim, kick on 1:15 (600 yards)	4 x 75 hard kick, swim, kick on 1:20 (300 yards)	4 x 75 hard kick, swim, kick on 1:30 (300 yards)	4 x 75 hard kick, swim, kick on 1:30 (300 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)
	3,200 yards	2,900 yards	2,500 yards	2,500 yards