

Swimming Practice Tuesday, January 14th

- Objectives: Effective Freestyle, 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)
	Effective Freestyle Progression <ul style="list-style-type: none"> 10 x 25 alternate <ul style="list-style-type: none"> Straight arm arch* BIG switch, glide 10 x 25 alternate <ul style="list-style-type: none"> Breakout Effective, finish Efficient Breakout Efficient, finish Effective (400 yards)	4 X 200 Alt Choice/FR (800 yards)	4 X 200 Alt Choice/FR (800 yards)	4 X 200 Alt Choice/FR (800 yards)
	Two (2) Rounds, Effective Free <ul style="list-style-type: none"> 8 x 25 from dive, all out <ul style="list-style-type: none"> 4 @ 1:00 2 @ :45 2 @ :30 (400 yards)	2 x (4 x 100) on 1:30 (800 yards)	2 x (4 x 100) on 1:40 (800 yards)	2 x (4 x 100) on 1:50 (800 yards)
	10 x 25 hard kick @ :45 (250 yards)	8 X 25 Sprint Kick (200 yards)	8 X 25 Sprint Kick (200 yards)	8 X 25 Sprint Kick (200 yards)
	1 x 500 Free, alternate Efficient and Effective by 25 (500 yards)	8 X 50 on :60 (400 yards)	6 X 50 on :60 (300 yards)	6 X 50 on :60 (300 yards)
	10 x 50 @ 1:00 alternate <ul style="list-style-type: none"> Middle 25 Effective Middle 25 Efficient (500 yards)	8 X 25 Sprint FL/BR turns from center of pool (200 yards)	8 X 25 Sprint FL/BR turns from center of pool (200 yards)	8 X 25 Sprint FL/BR turns from center of pool (200 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)
	2,650 yards	3,000 yards	2,700 yards	2,700 yards

Straight Arm Arch = Straight arm exit, recover to 90° back to side, then powerful over the top switch