## Swimming Practice Thursday, January 16<sup>th</sup>

• Objectives: Emphasize Best Odd, Heavy Aerobic Conditioning

Group 1	Group 2	Group 3	Group 4
Warm-up	Warm-up	Warm-up	Warm-up
• 300 (75 Free/25 Back, by	• 300 (75 Free/25 Back, by	• 100 Free	• 100 Free
100)	100)	• 100 Drills by 25	• 100 Drills by 25
• 200 FR, 4-4-4 Kicks	• 200 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks	• 100 FR, 4-4-4 Kicks
(500 yards)	(500 yards)	(300 yards)	(300 yards)
6 X 100 BK, BR, FL, or IM	5 X 100 BK, BR, FL, or IM	6 X 100 BK, BR, FL, or IM	6 X 100 BK, BR, FL, or IM
- 50 kick, 50 swim			
(600 yards)	(500 yards)	(600 yards)	(600 yards)
4 x 150 BK, BR, FL, or IM on	4 x 150 BK, BR, FL, or IM on	3 x 150 BK, BR, FL, or IM on	3 x 150 BK, BR, FL, or IM on
3:00	3:00	3:15	3:15
- 100 + 50 sprint			
4 x 50 BK, BR, FL, or IM on 1:15	4 x 50 BK, BR, FL, or IM on 1:15	3 x 50 BK, BR, FL, or IM on 1:15	3 x 50 BK, BR, FL, or IM on 1:15
- Sprint 25 kick			
- Sprint 25 swim			
Repeat	Repeat	Repeat	Repeat
(1,600 yards)	(1,600 yards)	(1,200 yards)	(1,200 yards)
Relay Starts with 12-yard sprints			
- streamline position	- streamline position	- streamline position	- streamline position
- fish kick	- fish kick	- fish kick	- fish kick
- no breath	- no breath	- no breath	- no breath
- breakout	- breakout	- breakout	- breakout
(100 yards)	(100 yards)	(100 yards)	(100 yards)
2,800 yards	2,700 yards	2,200 yards	2,200 yards