

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

- Objectives: Emphasize Best Odd, 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>300 (75 Free/25 Back, by 100)</li> <li>200 FR, 4-4-4 Kicks (500 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>300 (75 Free/25 Back, by 100)</li> <li>200 FR, 4-4-4 Kicks (500 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 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 Kicks (300 yards)</li> </ul>
	6 X 100 BK, BR, FL, or IM - 50 kick, 50 swim (600 yards)	5 X 100 BK, BR, FL, or IM - 50 kick, 50 swim (500 yards)	6 X 100 BK, BR, FL, or IM - 50 kick, 50 swim (600 yards)	6 X 100 BK, BR, FL, or IM - 50 kick, 50 swim (600 yards)
	4 x 150 BK, BR, FL, or IM on 3:00 - 100 + 50 sprint 4 x 50 BK, BR, FL, or IM on 1:15 - Sprint 25 kick - Sprint 25 swim Repeat (1,600 yards)	4 x 150 BK, BR, FL, or IM on 3:00 - 100 + 50 sprint 4 x 50 BK, BR, FL, or IM on 1:15 - Sprint 25 kick - Sprint 25 swim Repeat (1,600 yards)	3 x 150 BK, BR, FL, or IM on 3:15 - 100 + 50 sprint 3 x 50 BK, BR, FL, or IM on 1:15 - Sprint 25 kick - Sprint 25 swim Repeat (1,200 yards)	3 x 150 BK, BR, FL, or IM on 3:15 - 100 + 50 sprint 3 x 50 BK, BR, FL, or IM on 1:15 - Sprint 25 kick - Sprint 25 swim Repeat (1,200 yards)
	Relay Starts with 12-yard sprints - streamline position - fish kick - no breath - breakout (100 yards)	Relay Starts with 12-yard sprints - streamline position - fish kick - no breath - breakout (100 yards)	Relay Starts with 12-yard sprints - streamline position - fish kick - no breath - breakout (100 yards)	Relay Starts with 12-yard sprints - streamline position - fish kick - no breath - breakout (100 yards)
	<b>2,800 yards</b>	<b>2,700 yards</b>	<b>2,200 yards</b>	<b>2,200 yards</b>