

## Swimming Practice Tuesday, November 12<sup>th</sup>

- Objectives: Learn Underwater Body Dolphin, Build a Base

	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
	3-min Swim, alt 50 free, 50 choice (200 yards)	3-min Swim, alt 50 free, 50 choice (200 yards)	4-min Swim, alt 50 free, 50 choice (200 yards)	3-min Swim, alt 50 free, 50 choice (150 yards)
	<ul style="list-style-type: none"> <li>3 x 100 Free @ 1:40</li> <li>2 x 50 Free/Back, open turns on :50</li> <li>Repeat 2X (800 yards)</li> </ul>	<ul style="list-style-type: none"> <li>3 x 100 Free @ 1:40</li> <li>2 x 50 Free/Back, open turns on :50</li> <li>Repeat 2X (800 yards)</li> </ul>	Coach Koehr: Body Dolphin Progression  (250 yards)	Coach Koehr: Body Dolphin Progression  (250 yards)
<b>6:50 to 7:05</b>	Coach Koehr: Finish Body Dolphin Progression  (300 yards)	Coach Koehr: Finish Body Dolphin Progression  (300 yards)	<ul style="list-style-type: none"> <li>3 x 100 Free on 1:50</li> <li>2 x 50 Free/Back on :55</li> <li>Repeat 2X (800 yards)</li> </ul>	<ul style="list-style-type: none"> <li>2 x 100 Free on 2:00</li> <li>2 x 50 Free/Back on 1:00</li> <li>Repeat 2X (600 yards)</li> </ul>
	6 x 50 @ 1:00 <ul style="list-style-type: none"> <li>Dolphin Kick then fast kick on side, hard</li> <li>2<sup>nd</sup> 25 easy</li> </ul> (300 yards)	6 x 50 @ 1:00 <ul style="list-style-type: none"> <li>Dolphin Kick then fast kick on side, hard</li> <li>2<sup>nd</sup> 25 easy</li> </ul> (300 yards)	Coach Koehr: Body Dolphin Progression  (300 yards)	Coach Koehr: Body Dolphin Progression  (300 yards)
	4 x 100 on 1:45 long underwater <ul style="list-style-type: none"> <li>Long underwater</li> <li>Fast breakout: odds, close wall; evens, far wall</li> </ul> (400 yards)	4 x 100 on 2:00 <ul style="list-style-type: none"> <li>Long underwater</li> <li>Fast breakout: odds, close wall; evens, far wall</li> </ul> (400 yards)	6 x 50 @ 1:15 <ul style="list-style-type: none"> <li>Dolphin Kick then fast kick on side, hard</li> <li>2<sup>nd</sup> 25 easy</li> </ul> (300 yards)	4 x 50 @ 1:30 <ul style="list-style-type: none"> <li>Dolphin Kick then fast kick on side, hard</li> <li>2<sup>nd</sup> 25 easy</li> </ul> (200 yards)
	2 x (4 x 25) V-Sprints* <ul style="list-style-type: none"> <li>Fast-Easy</li> </ul> (200 yards)	2 x (4 x 25) V-Sprints* <ul style="list-style-type: none"> <li>Fast-Easy</li> </ul> (200 yards)	4 x 100 on 2:00 <ul style="list-style-type: none"> <li>Long underwater</li> </ul> (400 yards)	3 x 100 on 2:30 <ul style="list-style-type: none"> <li>Long underwater</li> </ul> (300 yards)
	1 x 100 Free, easy, perfect form (100 yards)	1 x 100 Free, easy, perfect form (100 yards)		
	300@4:30, 200@3:00, 100@2:00 <ul style="list-style-type: none"> <li>Negative Split each</li> <li>Descending Avg 100s</li> </ul> (600 yards)	200@3:30, 100@2:00, 50@1:00 <ul style="list-style-type: none"> <li>Negative Split each</li> <li>Descending Average 100s</li> </ul> (350 yards)		
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)		
	<b>3,000 yards</b>	<b>2,750 yards</b>	<b>2,250 yards</b>	<b>1,800 yards</b>

*\*V-Sprints = 4x25, 1-ez/fast, 2-fast/ez, 3-build, 4-all out fast*