

Swimming Practice

Thursday, November 14th

- Objectives: Start Freestyle, Build a Base

	Group 1	Group 2	Group 3	Group 4
	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"> 3 x 100 Free @ 1:40 2 x 50 Free/Back, open turns on :50 Repeat 2X (800 yards) 	<ul style="list-style-type: none"> 3 x 100 Free @ 1:40 2 x 50 Free/Back, open turns on :50 Repeat 2X (800 yards) 	Coach Koehr: Start Freestyle Progression (250 yards)	Coach Koehr: Start Freestyle Progression (250 yards)
6:50 to 7:05	Coach Koehr: Start Freestyle Progression (300 yards)	Coach Koehr: Start Freestyle Progression (300 yards)	2 x 150 Locomotive, 60 sec rest <ul style="list-style-type: none"> 25 fast/25 smooth 50 fast/50 smooth (300 yards)	2 x 150 Locomotive, 60 sec rest <ul style="list-style-type: none"> 25 fast/25 smooth 50 fast/50 smooth (300 yards)
	10 x 25 Vertical Flip/Fast Flip* @ 1:00 (250 yards)	10 x 25 Vertical Flip/Fast Flip* @ 1:00 (250 yards)	4 x 100 @ 1:50 <ul style="list-style-type: none"> Long underwater (400 yards)	4 x 75 @ 1:30 <ul style="list-style-type: none"> Long underwater (300 yards)
	2 x (8 x 25) Sprints + 200 Free <ul style="list-style-type: none"> 4@1:00, 2@:45, 2@:30 200 recover after each set (800 yards)	2 x (8 x 25) Sprints + 200 Free <ul style="list-style-type: none"> 4@1:00, 2@:45, 2@:30 200 recover after each set (800 yards)	Coach Koehr: Freestyle Progression (300 yards)	Coach Koehr: Freestyle Progression (300 yards)
	4 x 25 Breath Control <ul style="list-style-type: none"> Smooth, max 1 breath (100 yards)	4 x 25 Breath Control <ul style="list-style-type: none"> Smooth, max 1 breath (100 yards)	4 x 100 on 2:00 <ul style="list-style-type: none"> Minimum stroke count (400 yards)	3 x 100 on 2:30 <ul style="list-style-type: none"> Minimum stroke count (300 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)	1 x 50 Warm-down (50 yards)	1 x 50 Warm-down (50 yards)
	2,550 yards	2,950 yards	2,000 yards	1,750 yards

**Vertical Kick/Fast Flip = 10 Vertical Dolphin kick, then 10 count head-down kick on wall straight into a flip, 3 fast breakout strokes, kick on side*