

Swimming Practice
Monday, November 18th

- Objectives: Freestyle Progressions, Build a Base

| | Group 1 | Group 2 | Group 3 | Group 4 |
|---------------------|---|---|--|--|
| | Warm-up <ul style="list-style-type: none"> 300, 75 FR, 25 BK by 100s 200, 4-4-4 kicks 100 IM (600 yards) | Warm-up <ul style="list-style-type: none"> 300, 75 FR, 25 BK by 100s 200, 4-4-4 kicks 100 IM (600 yards) | 4-min Swim, alt 50 free, 50 choice (200 yards) | 3-min Swim, alt 50 free, 50 choice (150 yards) |
| | 4 x 150 <ul style="list-style-type: none"> IM Drill/Kick/Swim by 50 (600 yards) | 3 x 150 <ul style="list-style-type: none"> IM Drill/Kick/Swim by 50 (450 yards) | Coach Koehr: Start Freestyle Progression (250 yards) | Coach Koehr: Start Freestyle Progression (250 yards) |
| 6:50 to 7:05 | Coach Koehr: Freestyle Progression (300 yards) | Coach Koehr: Freestyle Progression (300 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) |
| | 6 x 75 IM Transitions @ 1:30 (450 yards) | 6 x 75 IM Transitions @ 1:30 (450 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) |
| | 4 x 25 Walkarounds, from the blocks (100 yards) | 4 x 25 Walkarounds, from the blocks (100 yards) | Coach Koehr: Freestyle Progression (300 yards) | Coach Koehr: Freestyle Progression (300 yards) |
| | 3 x 200 @ 3:00 3 x 100 @ 1:40 (900 yards) | 3 x 200 @ 3:00 3 x 100 @ 2:00 (900 yards) | 8 x 25, Side-by-Side, Very Fast <ul style="list-style-type: none"> 4@1:00, 2@:45, 2@:30 (200 yards) | 8 x 25, Side-by-Side, Very Fast <ul style="list-style-type: none"> 4@1:00, 2@:45, 2@:30 (200 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) |
| | 3,050 yards | 2,900 yards-450 | 1,800 yards | 1,550 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*