Swimming Practice Tuesday, November 19th

• Objectives: Freestyle Progressions, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up	Warm-up	8 x 25 @1:45 Streamline	6 x 25 @1:45 Streamline
	• 200 FR/BK by 50	• 200 FR/BK by 50	inspections with 4 kicks	inspections with 4 kicks
	• 5 x 75 @1:45 Streamline	• 5 x 75 @1:45 Streamline		
	inspections with 5 kicks	inspections with 5 kicks		
	• 1 x 25 Efficient Freestyle	• 1 x 25 Efficient Freestyle	(200	450
	(600 yards)	(600 yards)	(200 yards)	(150 yards)
	Vertical Kicking	Vertical Kicking	Coach Koehr: Start Freestyle	Coach Koehr: Start Freestyle
	• 30 secs to fingertips	• 20 secs to fingertips	Progression	Progression
	• 20 secs to elbows	• 15 secs to elbows		
	• 10 secs streamline	• 10 secs streamline		
	• Repeat	• Repeat	(250 1)	(250 1)
	(200 yards)	(200 yards)	(250 yards)	(250 yards)
6:50	Coach Koehr: Freestyle	Coach Koehr: Effective Freestyle	4 x 100 @ 2:00	3 x 100 @ 2:00
to	Progression	Progression	Minimum stroke count	Minimum stroke count
7:05		(300 yards)	(400 yards)	(300 yards)
	(300 yards)			
	20 x 25 Freestyle Drills	20 x 25 Freestyle Drills	4 x 100 @ 1:50	3 x 100 @ 1:50
	 Isolate boy parts, 	 Isolate boy parts, 	 Long underwater 	 Long underwater
	fingertips to toes	fingertips to toes		
	(500 yards)	(500 yards)	(400 yards)	(300 yards)
			Coach Koehr: Freestyle	Coach Koehr: Freestyle
			Progression	Progression
			(300 yards)	(300 yards)
	4 x 200 @ 3:00	4 x 200 @ 3:00	Vertical Kicking	Vertical Kicking
	• 3-5-7-9 kicks by 50	• 3-5-7-7 kicks by 50	• 20 secs to fingertips	• 15 secs to fingertips
	4 x 100 @ 1:40	4 x 100 @ 1:40	• 15 secs to elbows	• 10 secs to elbows
	• 3-5-7-9 kicks by 25	• 3-5-7-7 kicks by 25	• 10 secs streamline	• 5 secs streamline
	(4.200	(4.200 1)	• Repeat	• Repeat
	(1,200 yards)	(1,200 yards)	(200 yards)	(200 yards)
	1 x 100 Warm-down	1 x 100 Warm-down	1 x 50 Warm-down	1 x 50 Warm-down
	(100 yards)	(100 yards)	(50 yards)	(50 yards)
	2,900 yards	2,900 yards-450	1,800 yards	1,550 yards

^{*}Streamline Inspections = Coach inspects swimmer streamlines, first swimmer moves to last on each one