Swimming Practice
Tuesday, November 19th

- Objectives: Freestyle Progressions, Build a Base

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