Swimming Practice Thursday, November 21st

• Objectives: Freestyle Progressions, including Effective Freestyle, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up	Warm-up	4-min Swim, alt 50 free, 50 choice	3-min Swim, alt 50 free, 50 choice
	• 3 x (3 x 75) @ 1:30	• 3 x (3 x 75) @ 1:30		
	o 2 FR, 1 BK/BR	o 2 FR, 1 BK/BR		
	1 x 25 Efficient Freestyle	1 x 25 Efficient Freestyle		
	(700 yards)	(700 yards)	(200 yards)	(150yards)
	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 yards)	(250 yards)
	(200 yards)	(200 yards)	, ,	` , ,
6:50	Coach Koehr: Effective Freestyle	Coach Koehr: Effective Freestyle	2 x (8 x 50) @ 1:00	2 x (6 x 50) @ 1:10
to	Progression	Progression	 Count strokes, keep 	 Count strokes, keep
7:05	(300 yards)	(300 yards)	count the same as you get	count the same as you get
			tired	tired
	2 (4 50) 0 4 00	2 (4 50) 0 4 00	(800 yards)	(600 yards)
	3 x (6 x 50) @ 1:00	3 x (6 x 50) @ 1:00	Coach Koehr: Freestyle	Coach Koehr: Freestyle
	Round 1 Efficient to	Round 1 Efficient to	Progression (200 14)	Progression
	Effective by 25	Effective by 25	(300 yards)	(300 yards)
	• Round 2 Effective to	Round 2 Effective to		
	Efficient by 25	Efficient by 25		
	• Round 3, very long kick-	• Round 3, very long kick-		
	out, 1/3 rd Effective, then	out, $1/3^{rd}$ Effective, then		
	smooth	smooth		
	(450 yards) 1 x 100 Choice for a time off the	(450 yards) 1 x 100 Choice for a time off the	1 x 100 Choice for a time off the	1 x 100 Choice for a time off the
	blocks	blocks	blocks	blocks
	(100 yards)	(100 yards)	(100 yards)	(100 yards)
	200 FR/BK by 50 Warm-down	200 FR/BK by 50 Warm-down	1 x 50 Warm-down	1 x 50 Warm-down
	(200 yards)	(200 yards)	(50 yards)	(50 yards)
	1,950 yards	1,950 yards	1,700 yards	1,450 yards