

Swimming Practice

Thursday, November 21st

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

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> 3 x (3 x 75) @ 1:30 <ul style="list-style-type: none"> 2 FR, 1 BK/BR 1 x 25 Efficient Freestyle (700 yards) 	Warm-up <ul style="list-style-type: none"> 3 x (3 x 75) @ 1:30 <ul style="list-style-type: none"> 2 FR, 1 BK/BR 1 x 25 Efficient Freestyle (700 yards) 	4-min Swim, alt 50 free, 50 choice (200 yards)	3-min Swim, alt 50 free, 50 choice (150yards)
	Vertical Kicking <ul style="list-style-type: none"> 30 secs to fingertips 20 secs to elbows 10 secs streamline Repeat (200 yards)	Vertical Kicking <ul style="list-style-type: none"> 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: Effective Freestyle Progression (300 yards)	Coach Koehr: Effective Freestyle Progression (300 yards)	2 x (8 x 50) @ 1:00 <ul style="list-style-type: none"> Count strokes, keep count the same as you get tired (800 yards)	2 x (6 x 50) @ 1:10 <ul style="list-style-type: none"> Count strokes, keep count the same as you get tired (600 yards)
	3 x (6 x 50) @ 1:00 <ul style="list-style-type: none"> Round 1 Efficient to Effective by 25 Round 2 Effective to Efficient by 25 Round 3, very long kick-out, 1/3rd Effective, then smooth (450 yards)	3 x (6 x 50) @ 1:00 <ul style="list-style-type: none"> Round 1 Efficient to Effective by 25 Round 2 Effective to Efficient by 25 Round 3, very long kick-out, 1/3rd Effective, then smooth (450 yards)	Coach Koehr: Freestyle Progression (300 yards)	Coach Koehr: Freestyle Progression (300 yards)
	1 x 100 Choice for a time off the blocks (100 yards)	1 x 100 Choice for a time off the blocks (100 yards)	1 x 100 Choice for a time off the blocks (100 yards)	1 x 100 Choice for a time off the blocks (100 yards)
	200 FR/BK by 50 Warm-down (200 yards)	200 FR/BK by 50 Warm-down (200 yards)	1 x 50 Warm-down (50 yards)	1 x 50 Warm-down (50 yards)
	1,950 yards	1,950 yards	1,700 yards	1,450 yards