

## Swimming Practice

### Tuesday, November 26<sup>th</sup>

- Objectives: Backstroke Progressions, Build a Base

	Group 1	Group 2	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> <li>300, 75 FR/25 BK</li> <li>Rotate through lane for downward medicine ball throws to deck simulating backstroke pull</li> <li>2 x 75, Kick R, Kick L, Swim (700 yards)</li> </ul>	Warm-up <ul style="list-style-type: none"> <li>400, 75 FR/25 BK</li> <li>Rotate through lane for downward medicine ball throws to deck simulating backstroke pull</li> <li>2 x 75, Kick R, Kick L, Swim (700 yards)</li> </ul>	4-min Swim, alt 50 free, 50 choice  (200 yards)	3-min Swim, alt 50 free, 50 choice  (150yards)
	<ul style="list-style-type: none"> <li>4 x 125 IM, move the 50 @ 2:00</li> <li>4 x 25 choice fast @ :30 (600 yards)</li> </ul>	<ul style="list-style-type: none"> <li>4 x 125 IM, move the 50 @ 2:00</li> <li>4 x 25 choice fast @ :30 (600 yards)</li> </ul>	Coach Koehr: Backstroke Progression  (250 yards)	Coach Koehr: Backstroke Progression  (250 yards)
<b>6:50 to 7:05</b>	Coach Koehr: Backstroke Progression (300 yards)	Coach Koehr: Backstroke Progression (300 yards)	<ul style="list-style-type: none"> <li>4 x 125 IM, backstroke for the 50 @ 2:15</li> <li>4 x 25 choice fast @ :30 (600 yards)</li> </ul>	<ul style="list-style-type: none"> <li>3 x 125 IM, backstroke for the 50 @ 2:30</li> <li>5 x 25 choice fast @ :30 (500 yards)</li> </ul>
	4 x 50 Backstroke @ 1:00 <ul style="list-style-type: none"> <li>Drill odds, Build evens (100 yards)</li> </ul>	4 x 50 Backstroke @ 1:00 <ul style="list-style-type: none"> <li>Drill odds, Build evens (100 yards)</li> </ul>	Coach Koehr: Backstroke Progression (300 yards)	Coach Koehr: Backstroke Progression (300 yards)
	Free Test Set <ul style="list-style-type: none"> <li>6 x 100 @ 1:00 Best Average</li> <li>Split lane into 2 groups, leave at 1:30 (600 yards)</li> </ul>	Free Test Set <ul style="list-style-type: none"> <li>6 x 100 @ 1:00 Best Average</li> <li>Split lane into 2 groups, leave at 1:30 (600 yards)</li> </ul>	8 x 50 @ 1:00 FR/BK <ul style="list-style-type: none"> <li>At least 5 kicks (400 yards)</li> </ul>	8 x 50 @ 1:00 FR/BK <ul style="list-style-type: none"> <li>At least 5 kicks (400 yards)</li> </ul>
	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)
	<b>2,400 yards</b>	<b>2,400 yards</b>	<b>1,800 yards</b>	<b>1,650 yards</b>