

Swimming Practice
Monday, January 5th

- Objectives: Heavy Aerobic Conditioning

	Group 3	Group 4
	Warm-up <ul style="list-style-type: none"> • 100 Free • 100 Drills by 25 • 100 FR, 4-4-4-4 Kicks (300 yards)	Warm-up <ul style="list-style-type: none"> • 100 Free • 100 Drills by 25 • 100 FR, 4-4-4-4 Kicks (300 yards)
	<ul style="list-style-type: none"> • 8 X 25 kick, side-by-side • 4 x 75, alternate 25s free, Best Odd, free • 4 X 100, as 50 swim, 50 max distance per stroke <ul style="list-style-type: none"> ○ Alt FR/Best Odd (900 yards)	<ul style="list-style-type: none"> • 8 X 25 kick, side-by-side • 4 x 75, alternate 25s free, Best Odd, free • 4 X 100, as 50 swim, 50 max distance per stroke <ul style="list-style-type: none"> ○ Alt FR/Best Odd (900 yards)
	200 Free, , hypoxic (5, 7, 9 strokes no breath, then backstroke – by 25 for each 100) 150 Free, as 2 x 75 fly, free, fly by 25 100 Free, , fast inside the flags 75 IM 4 X 50, alternate choice/triple switch 1 x 25 hard kick on back (750 yards)	200 Free, , hypoxic (5, 7, 9 strokes no breath, then backstroke – by 25 for each 100) 150 Free, as 2 x 75 fly, free, fly by 25 100 Free, , fast inside the flags 75 IM 4 X 50, alternate choice/triple switch 1 x 25 hard kick on back (750 yards)
	10 X 50 @ :60 (500 yards)	8 X 50 @ :60 (500 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	2,550 yards	2,450 yards