

Swimming Practice
Tuesday, January 6th

- 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)
	5-4-3-2-1 – 500 Locomotive* 400 Pull 300 Kick 200 Drill 100 Timed Sprint (1,500 yards)	5-4-3-2-1 – 500 Locomotive* 400 Pull 300 Kick 200 Drill 100 Timed Sprint (1,500 yards)
	2 x (5 x 50) increasing accelerators – Best Odd (500 yards)	6 x 50 increasing accelerators – Best Odd (300 yards)
	10x25 alt underwater body dolphin/sprint choice (300 yards)	10x25 alt underwater body dolphin/sprint choice (300 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	2,700 yards	2,500 yards

**Locomotive = 25 fast/75 smooth, 50 fast/50 smooth, 75 fast/25 smooth, 100 smooth, 100 fast*