

**Swimming Practice**  
**Thursday, January 8<sup>th</sup>**

- Objectives: Heavy Aerobic Conditioning

	<b>Group 3</b>	<b>Group 4</b>
	Warm-up <ul style="list-style-type: none"> <li>• 100 Free</li> <li>• 100 Drills by 25</li> <li>• 100 FR, 4-4-4-4 Kicks</li> </ul> (300 yards)	Warm-up <ul style="list-style-type: none"> <li>• 100 Free</li> <li>• 100 Drills by 25</li> <li>• 100 FR, 4-4-4-4 Kicks</li> </ul> (300 yards)
	2 Rounds, Free/Choice <ul style="list-style-type: none"> <li>• 2x25 Scull</li> <li>• 2x50 Drill</li> <li>• 2x50 Build</li> <li>• 4x25 Fast, long underwater</li> <li>• 100 Fast from blocks</li> </ul> (900 yards)	2 Rounds, Free/Choice <ul style="list-style-type: none"> <li>• 2x25 Scull</li> <li>• 2x50 Drill</li> <li>• 2x50 Build</li> <li>• 4x25 Fast, long underwater</li> <li>• 100 Fast from blocks</li> </ul> (900 yards)
	8 X 100 on 1:50 <ul style="list-style-type: none"> <li>• Alt Free, IM</li> </ul> (800 yards)	6 X 100 on 2:00 <ul style="list-style-type: none"> <li>• Alt Free, IM</li> </ul> (600 yards)
	10 X 50 on 1:50 (500 yards)	10 X 50 on 1:50 (500 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	<b>2,600 yards</b>	<b>2,300 yards</b>