

Swimming Practice
Tuesday, January 13th

- 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 Kicks (300 yards)	Warm-up <ul style="list-style-type: none"> • 100 Free • 100 Drills by 25 • 100 FR, 4-4-4 Kicks (300 yards)
	4 X 200 Alt Choice/FR (800 yards)	4 X 200 Alt Choice/FR (800 yards)
	2 x (4 x 100) on 1:40 (800 yards)	2 x (4 x 100) on 1:50 (800 yards)
	8 X 25 Sprint Kick (200 yards)	8 X 25 Sprint Kick (200 yards)
	6 X 50 on :60 (300 yards)	6 X 50 on :60 (300 yards)
	8 X 25 Sprint FL/BR turns from center of pool (200 yards)	8 X 25 Sprint FL/BR turns from center of pool (200 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	2,700 yards	2,700 yards