

Swimming Practice
Thursday, January 15th

- Objectives: Emphasize Best Odd, 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) |
| | 6 X 100 BK, BR, FL, or IM <ul style="list-style-type: none"> - 50 kick, 50 swim (600 yards) | 6 X 100 BK, BR, FL, or IM <ul style="list-style-type: none"> - 50 kick, 50 swim (600 yards) |
| | 3 x 150 BK, BR, FL, or IM on 3:15 <ul style="list-style-type: none"> - 100 + 50 sprint 3 x 50 BK, BR, FL, or IM on 1:15 <ul style="list-style-type: none"> - Sprint 25 kick - Sprint 25 swim Repeat (1,200 yards) | 3 x 150 BK, BR, FL, or IM on 3:15 <ul style="list-style-type: none"> - 100 + 50 sprint 3 x 50 BK, BR, FL, or IM on 1:15 <ul style="list-style-type: none"> - Sprint 25 kick - Sprint 25 swim Repeat (1,200 yards) |
| | Relay Starts with 12-yard sprints <ul style="list-style-type: none"> - streamline position - fish kick - no breath - breakout (100 yards) | Relay Starts with 12-yard sprints <ul style="list-style-type: none"> - streamline position - fish kick - no breath - breakout (100 yards) |
| | 2,200 yards | 2,200 yards |