

Swimming Practice
Monday, January 19th

- Objectives: Last Week of 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)
	<ul style="list-style-type: none"> • 100 IM • 20 sec rest • 50 Sprint, ≥ 4 kicks < 35 on 3:00 minutes Repeat 5 times on 2:45 or 3:00 (750 yards)	<ul style="list-style-type: none"> • 100 IM • 20 sec rest • 50 Sprint, ≥ 4 kicks < 35 on 3:00 minutes Repeat 4 times on 2:45 or 3:00 (600 yards)
	8 x 75 on 90 secs <ul style="list-style-type: none"> • alternate IM Order • Can mix in Fly at < 75 yards (600 yards)	8 x 75 on 90 secs <ul style="list-style-type: none"> • alternate IM Order • Can mix in Fly at < 75 yards (600 yards)
	1 x 500 Lung Buster 3, 5, 7, 5, 3 repeat (500 yards)	1 x 500 Lung Buster 3, 5, 7, 5, 3 repeat (500 yards)
	10 X 25 All out sprints – Coaches Call <ul style="list-style-type: none"> • Focus on starts, underwaters, and finishes • Yell out finish times (250 yards)	10 X 25 All out sprints – Coaches Call <ul style="list-style-type: none"> • Focus on starts, underwaters, and finishes • Yell out finish times (250 yards)
	1 x 100 Warm-down (100 yards)	1 x 100 Warm-down (100 yards)
	2,600 yards	2,550 yards