

Swimming Practice
Tuesday, January 20th

- Objectives: Last Day 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)
	One continuous set: 2 X 100 FR on 1:50 4 X 25 Fly sprint on :30 2 X 100 FR 4 X 25 Back 2 X 100 FR 4 X 25 Breast 2 X 100 FR 4 X 25 FR (1,200 yards)	One continuous set: 2 X 100 FR on 1:50 4 X 25 Fly sprint on :30 2 X 100 FR 4 X 25 Back 2 X 100 FR 4 X 25 Breast 2 X 100 FR 4 X 25 FR (1,200 yards)
	6 X 75 Swim, kick, swim – IM order (450 yards)	8 X 75 Swim, kick, swim – IM order (600 yards)
	8 X 50 Free+5 Pushups on :70 (400 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)
	2,650 yards	2,450 yards