

Swimming Practice
Thursday, January 22nd

- Objectives: Last Day for Junior Varsity, Have Some Fun

| | 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 150 on 2:45 or 3:00 <ul style="list-style-type: none"> • 125 Choice • 10 seconds rest • Sprint 25 Kick (900 yards) | 6 X 150 on 2:45 or 3:00 <ul style="list-style-type: none"> • 125 Choice • 10 seconds rest • Sprint 25 Kick (900 yards) |
| | 8 x 50 Sprint Choice on :70 (400 yards) | 8 x 50 Sprint Choice on :70 (400 yards) |
| 7:05 a.m. | Fun Relays with the Captains (150 yards) | Fun Relays with the Captains (150 yards) |
| | 1,750 yards | 1,750 yards |