<u>Wednesday 9/9: First day of practice!!!</u>

1,650 yards

Introduce yourself to your lane! (Name, year in school, major, years on SCUW)
200 free
100 pull
100 IM
5 min social kick with someone you don't know

Share a highlight from your summer!
4x50 kick/swim @1:00
4x50 drill/swim @1:00
4x50 build @1:00

Share your favorite event!
6x75 @1:45
    Breathe every 3-5-7 by 25
8x25s @:45
    One or no breath

Social kick with lane when finished!

Thursday 9/10

1,950 yards

100 SKIPS

12x25 free @:40

Count # of strokes

2 rounds

16x25, 4 of each stroke @:45

3 drill, 1 swim perfect technique

2 x 100 IM @2:00

Fly: Body position kick, breath only, thumb drag

Back: Body position kick w/ shoulder rotation, skull with arm up, double arm

Breast: Fly kick, streamline, one fly/one breast

Free: 1 stroke/6 kicks, catch up, zipper