**No Thr/Fri practice of Thanksgiving Break. Team Capt and t-shirt design vote Monday. Wed Weight room 3:30-4:45p**

**((GROUP 1))** - Back, Starts  
**WU** 200S-150K-100P-100S [550] ~15min

**Kick Set 1.** 9 X 50 {3 Fr, 2 Fly, 2 Br, 2 Fr; 5-10sR} ~15min   
all Fr kick is on back w/board down (knee check) [500/1150]  
  
**Ba Tech** ~15min (all groups 10 min) //~46min  
{turns.}  
**Drill Set 1** – all 50s; hold Best Fast Pace ~16min/~47min [600/1750]  
 6x50 Ba {25 Dr+25Sw; focus is technique not speed; 5-10sR) [300] ~7min;  
  
**Main Set 1**  
6 x 50 alt Free / Ba by 50; 5sR  
  
**Kick Set 2:** 300K Free on Ba.(or until stop) ~7-8min/  
  
**Main Set 2** ~13min//~f61min  
3 x 100 Free; 20sR [400] ~9min  
4 X 50 Free; 5sR ~5min  
4 X 25 Free; 5sR ~3min  
  
**Kick Set 2:** 300 Social kick - ~9min//~72min  
  
**Main Set 3:** BP 6X50s {3-3, 3-5, 3-7, 7-3, 5-3, 3-3; 5sR}  
**Dives** – all groups

**(GROUP 2-3)   
WU** 500Free (every 4th 25 is back) - 200K – 100 Pull [800]~16min ~f4:46p  
  
**Kick Set 1.** 10+ X 50 {3Fr, 2 Fly, 2 Fr, 1 Br, 2 Chc; 5-10sR} ~**14min** **~s4:47**  
all Fr kick is on back w/board down (knee check) [500/1150] ~**f5:51p**  
  
**Ba Tech** ~10min (all groups) //~s4:52p **Drill Set 1** – all 50s; ~16min/ [600/1750] **~s5:03p**  
 6x50 Ba {25 Dr+25Sw; focus is technique not speed; 5-10sR) [300] ~7min;   
 up to 30sR  
 6x50 Free { } ~7min [300]  
 1-2 UW dolphin 10m @wall. 3-4 swimmer stop each wall. 5-6up to 1mR **Main Set 1** – ~**16min //~s5:20p**20 x 50 alt Ba/Free by 50; hold Best Fast Pace; 10sR   
  
**Kick Set 2:** 8min Kick: ~300-400; Free on Ba. / ~s5:37p  
  
**Main Set 2:** BP 8X50s {3-3, 3-5, 3-7, 5-7, 7-5, 7-3, 5-3, 3-3; 5sR} ~8min//~s5:45p

**Dives** if time ~s5:53p (or sharks and minnows or Relays)

**Main Set 1** – Free Ladder Down  
 400 Free ~6min  
 50 EZ ~1.5min  
 200 Kick Free, 30sR ~6min  
 2X200 Free; 30sR ~7min  
 100 K Chc; 30sR ~3min  
 2X100 Free; 25sR ~5min  
 50 K. Chc 15sR ~ 1.5min  
 4 X 50 Free; 5sR ~3.5min [1750/3500, ~34min// ~81min]