Beverly Hills High School

7:00 - 8:30 **Gold** **Novice Swim Team** **Tuesday & Thursday**

Coach: _____

SEASON/YEAR:

BEGINNING DATE: **ENDING DATE:**

PARTICIPANTS NAME	ATTENDANCE																PASS Y/N
	DAY 1: Freestyle	DAY 2: Backstroke	DAY 3: Breaststroke	DAY 4: Butterfly	DAY 5: Freestyle	DAY 6: Backstroke	DAY 7: Breaststroke	DAY 8: Butterfly	DAY 9: Freestyle	DAY 10: Backstroke	DAY 11: Breaststroke	DAY 12: Butterfly	DAY 13: Freestyle	DAY 14: Backstroke	DAY 15: Breaststroke	DAY 16: Butterfly	
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Practice Breakdown

Warm Up 10 min

150: _____(50 CU/50 Swim/50 CU)

Preset 15 min

_____x50 drill/swim on _____ Drill_____

Kick 15 min

_____x25 on _____

Main Set 30 min

_____[50+(____x25)

50 on____ 25 on ____

Sprint Set 15 min

_____x25 on _____

Cool Down 5 min

Choice

Notes: