

# january 2019

	minnows	spinners	orcas
1	no practice	no practice	no practice
2	no practice	no practice	conditioning
3	butterfly drills	sprint sets	recovery set
4	no practice	dives	freestyle
5	Saturday morning practice	Episcopal Academy Meet	Episcopal Academy Meet
7	backstroke drill	stroke work	distance
8	freestyle drills	freestyle	sprints
9	no practice	no practice	diving work
10	freestyle starts, sprints & turns	endurance	backstroke
11	no practice	backstroke	breaststroke
12	University of Delaware Meet	University of Delaware Meet	University of Delaware Meet
14	conditioning & IM	conditioning	flip turns
15	freestyle conditioning, starts, finishes	strength	IM & IM transitions
16	no practice	no practice	conditioning
17	breaststroke drills, starts, finishes	butterfly	endurance
18	no practice	kicks, turns & flips	kicks, turns & flips
19	Saturday morning practice	Germantown Academy Meet	Germantown Academy Meet
21	freestyle starts & finishes	endurance	recovery set
22	starts	starts	butterfly
23	no practice	no practice	IM sets
24	freestyle drills	endurance	active recovery
25	no practice	freestyle	freestyle
26	Saturday morning practice	Saturday morning practice	Saturday morning practice
28	kick, turns & finishes	coaches' choice	dives & turns
29	breaststroke drills, starts, finishes	sprint set	drill work
30	no practice	no practice	choice
31	freestyle drills	distance work	strength training