

# november 2018

date	minnows	spinners	orcas
1	butterfly drills	kick, turns, finishes	aerobic kicking & turns
2	no practice	butterfly drills	IM, starts, turns
3	Suburban Swim Club Mini Meet	Saturday morning practice	Saturday morning practice
5	freestyle drill	sprints from the block	threshold
6	freestyle sprints	freestyle drills	strength & turns
7	no practice	no practice	kicking & starts
8	backstroke drill	freestyle drill & threshold	kick & technique work
9	no practice	freestyle starts, sprints & turns	conditioning
10	Saturday morning practice	Saturday morning practice	Saturday morning practice
12	freestyle starts, sprints & turns	IM & turns	breaststroke & threshold
13	freestyle & IM	freestyle & IM	butterfly & starts
14	no practice	no practice	backstroke & threshold
15	conditioning & IM	conditioning and IM	stroke & turns
16	no practice	freestyle conditioning, starts, finishes	freestyle drill, aerobic & starts
17	Saturday morning practice	GCIT Meet	GCIT Meet
19	freestyle conditioning, starts, finishes	IM, starts & turns	conditioning
20	breaststroke drills, starts, finishes	breaststroke drills	stroke & turns
21	no practice	no practice	no practice
22	no practice	no practice	no practice
23	no practice	no practice	no practice
24	no practice	no practice	no practice
26	freestyle starts & finishes	all 4 stroke work	coaches' choice
27	butterfly drills	kick, turns & finishes	threshold
28	no practice	no practice	strength
29	breaststroke drills, starts, finishes	breaststroke drills, starts, finishes	drills & turns
30	no practice	IM work & sprints	strength