

Base Training: Kicking

3/29-4/1

Middle Distance

Warm Up R:10"

200 Free + 200 Pull + 100 Kick + 100 Choice

Breaststroke Kick and Free:

2 x 150 Free	R:15"	
2 x 50 BreastStroke Kick		
2 x 100 Pull	R:15"	
2 x 50 BreastStroke Kick		
2 x 75 Free	R:15"	
2 x 50 BreastStroke Kick		
2 x 50 Free	R:15"	(1050)

Cool Down (5:35pm)

4 x 50 Kick Choice		
1 x 200 Free		(400)

Base Training: Kicking

3/29-4/1

Kicking with no board & Free Drill,

Warm Up R:10"

200 Free + 200 Pull + 100 Kick + 100 Choice

Kick with no Board and Free Drills:

2 x 100 Back Kick w/fins R:15"

4 x 25 Breast Kick no board R:15"

4 x (2 x 50) R:20"

#1 & #3 Backstroke, #2 & #4 Breaststroke

25 Swim/25 Kick no board

4 x 50 Free R:20"

25 Triple Switch/25 Swim DPS

2 x 100 Free R:20"

2 x 100 Pull R:15" (1,100)

Cool Down (5:35pm)

4 x 50 Kick Choice

1 x 200 Free (400)