

Base Training: Breaststroke Drills

3/22-3/24

Warm Up

200 Swim + 200 Kick + 200 Pull (600)

Breaststroke Technique R:10"-20"

4 x 25 Kick: odd 25 back/even 25 stomach

2 x 25 Y-scutt or windshield wiper scull w/flutter

4 x 25 Kick: odd 25 back/even 25 stomach

2 x 25 Drill: 1pull-2 kicks

4 x 25 Kick: odd 25 back/even 25 stomach

2 x 25 Drill: 1pull-3k, 1pull-2k, 1pull-1k, repeat

4 x 25 DPS

4 x 25 Golf R:20"

4 x 50 Perfect Form R:30" (850)

Breast and Free Streamline off Wall: R:20"

10 x 25 odds-breast, evens-free (250)

Cool Down: (5:40)

4 x 50 Ez Swim