

Focus: Breaststroke Drills

Mon 3/22 & Tues 3/23

Warm Up

200 Swim + 200 Kick + 200 Pull

400 IM 25 kick, 50 drill, 25 swim (1000)

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

2 x 25 Drill: 25 right arm only/25 left arm only

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

2 x 25 Drill: flutter kick & fast, breaststroke arms

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

2 x 25 DPS

4 x 25 Golf R:20"

4 x 50 Perfect Form R:30" (900)

Breast and Free Streamline off Wall: R:20"

10 x 50 odds-breast, evens-free (500)

Warm Down (5:40pm)

200 Choice