

Focus: Broken IM and Free Mon 3/15, Tues 3/16

Warm Up: (800)

300 Swim + 200 Kick + 200 Pull + 100 Breast Kick

Transition Drills: (4:55-5:10)

Start Mid-Pool - IM open turns, flip turns

1x thru: (600)

3 x 200: Broken Swim R: 20"

(1st 50 build + 25's fast + 3rd 50 cruise)

50 Free + 4 x 25 Fly + 50 Free

50 Free + 4 x 25 Back + 50 Free

100/50 Free + 4 x 25 Breast 100/50 Free

4 x 50 IMO Kick R: 10" (200)

2x thru:

4 x 75: Broken Swim R: 15" (300)

(outside lengths fast, middle length EZ)

#1 Fly/Free/Fly, #2 Back/Free/Back

#3 Breast/Free/Breast, #4 All Free

1x thru:

3 x 100 Pull: Bilateral Breathe R: 20" (300)

Warm Down: (5:40pm) 200 EZ Recovery