

Focus: Building Free and Back

4/26-28/2021

Warm Up: (600)

200 Swim

200 "Snorkel" Drills - (4:50pm)

4 x 50 - 50 Sidelying Kick, 50 DPS Swim

Variable Kick Pace (300)

3 x 100 Kick R :20

25 Fast - 25 EZ - 25 Fast - 25 EZ

Descend 1>3 (600)

6 x 75 Swim - DPS

2x (25 Back, 25 Free, 25 Back) R:15

2x (25 Free, 25 Back, 25 Free) R:10

2x (50 Free, 25 Back) R:15

2x (75 Free or Back) EZ R:10

Track Distance

1 x 10 or 15 Minute Swim

Warm Down

1 x 200 EZ Choice - sculling, long streamline