

Focus: Fast and Recovery

4/21-23/2021

Work on put the turns all together, pushing off head down, dolphin kick (2), starting with the left arm before breathing to the right. Warm up and cool down are a really good time to practice this change

Warm Up:

4 x 100 Free	R:10	
2 x 100 Kick	R:10	
3 x 100 Pull	R:10	(900)

Fast and Recovery:

4 x 125 Free <i>50 fast + 75 ez recovery</i>	R:10	
3 x (200 Free R:10 + 4 x 25 Fast R:45)		
2 x 100 Kick Best Effort	R:10	
2 x 100 Pull	R:10	(1,800)

Cool Down: (6:05)

3 x 100 Free