

Focus: Kick and Swim

April 7 & 9

Warm Up;

4 x 100 Swim	R:15	
4 x 50 Kick	R:15	
4 x 50 Pull	R:15	
4 x 15" Vertical Kick Mix	R:15"	(800+)

2x thru: Kick and Swim

4 x 50 Kick	R:15"
4 x 75 Free	R:20"

4 x 25 Flutter kick & "windshield wiper" sculling

4 x 25 Inverted Breaststroke or Elementary

Backstroke

1 x 50 Breaststroke R:15"

4 x 25 "Triple Switch" R:15"

2 x 75 Backstroke R:20" (1050)

Warm Down (6:05pm)

200 EZ Recovery (200)