

## Focus: Open Water Training

4/14 & 4/15

### Warm Up: (800)

3 x 100 (2x EZ, stretch & loosen, 1x build pace)

4 x 75 Kick Mix R:10"

4 x 50 (25 Fast/25 EZ) R:10 (800)

### Drill: Tennessee Turns: (5:00-5:05pm)

#### 3x thru:

1 x 300 Free R:07

Strong base, on interval giving 5-10" rest

1 x 275 Free R:10

Recovery effort on same interval as above

1 x 100 Free R:07

Strong, on same base as 300 above

1 x 125 EZ Non-Free R:30

Recovery effort (2,400)

### Cool Down: (6:05pm)

1 x 100 Free EZ w/Tennessee Turns R:20"

2 x 50 Free R:20"

(25 streamline back kick on back

+ 25 Free w/"high hips") (3,400)