

Base Training: Putting turns together 4/19-20

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 make this change.

Warm Up:

3 x 100 Free

2 x 100 Pull

2 x 100 Kick

4 x 50 (25 Kick + 25 Swim) (800)

Bilateral Breathing and Turns:

2 x 50 Non-Free R:15

1 x 100 Free R:10

2 x 100 Kick R:15

1 x 100 Free R:10

1 x 200 Non-Free R:10

1 x 100 Free R:10

2 x 100 Kick R:15

1 x 100 Free R:10

2 x 50 Non-Free R:15

2 x 200 Pull R:15

1 x 200 Kick R:10 (1,800)

Cool Down: (6:00)

4 x 50 Free work on open turns/Tennessee Turns