

Base Training: Pull Party!

5/17-18/2021

Warm Up:

300 EZ Free

4 x (25 kick + 25 swim + 50 drill + 25 swim)

200 EZ Free (Snorkel?) (1000)

Main: Rest 30" between each set

8 x 25 Free Pull R: 10"

6 x 50 Choice Swim: R: 15"
Odds DPS, Evens Watch Time

6 x 50 Free Pull R: 10"

6 x 50 Choice Swim: R: 15"
Odds DPS, Evens Watch Time

8 x 25 Free Pull R: 10" (1300)

4 x 100 Kick Choice, no board, fins? (400)

Cool Down:

200 EZ