

## Base Mayhem: Tri Training

Monday & Tuesday

### Warm Up

(600)

200 Free: Odd 25's free/Even 25's finger tip drill

200 Back: DPS

8 x 50 Kick R:10"

Odd 25's Superman Kick - front arm lead

Even 25's Back Flutter

### Tri Training

(1400)

3 x 100 Free

R:15"

25 kick+ 50 swim +25 kick

2 x 100 Free: Streamline Steady Pace R:20"

4 x 25 Kick: Sprint between flags R:15"

2 x 100 Pull (paddles?) "Glove Stroke" R:20"

4 x 25 Kick: Sprint at flags to wall R:15"

2 x 100 Free Strong Pace R:20"

4 x 50 Free R:10"

Odd 50's Free/Even 50's NonFree

4 x 25 Swim DPS R:15"

### Cool Down (5:55pm)

(200)

200+ Choice - lengthen, stretch, scull