

Focus: Breaststroke

Friday 5/7/21

Warm Up:

(800)

200 EZ Free + 4 x 50 Kick Choices

4 x 50 Odds - Long Dog Paddle, Evens - DPS

4 x 50 Breaststroke pull with dolphin kick (fins?)

Breaststroke Drills: (Regroup 4:55-5:10)

(400)

16 x 25

1-4 Breast Kick on back, hands at side

5-8 One Pull-2 Kick Breast

9-12 One Breast-One Fly, no breathe fly

13-16 Perfect Breast - DPS (10 or less)

2x or 1x thru:

(2600/1300)

4 x 50 Breast

R:15

4 x 75 Odds Drill/Evens Swim

R:10

Drills: double underwater pullouts off wall

dolphin kick on your back, Kick less 10/length

1 x 200 EZ Choice

6 x 100

@ base +:05/+:10

1-3 - 75 Free 25 Breast

4-5 - 50 Free 50 Breast

6 - 25 Free 75 Breast