

## **Focus: Chippers and Fine Tune Turns Wed & Thurs**

### **Warm Up:**

200 Swim

200 Kick odd 25's fast/even 25's steady pace

4 x 50 R:10"

Odd 25: Sprint Free, First Breathe after 5 strokes off wall, finish EZ, Even 25: EZ Fly (600)

**Turn Drills:** (Regroup 5:15) squeeze ears, kick into rotation, underwater pull -> recovery arm

### **Chipping Away:**

8 x 50 "Red Bull" Kicks into Turn @:60"/:70"

1-4 Free & 5-8 Non-Free Choice

1 x 400 Free @Base +:10"

12 x 25 IMO @:30"/45"

1 x 300 Free @Base +:10"

8 x 25 Swim Fast Kick btwn Flags @:45"

1 x 200 Free @Base +:10"

4 x 25 Sprint Choice @45"

1 x 100 Negative Split (2000)

### **Warm Down:**

1 x 200 EZ Recovery, Stretch, Scull