

Focus: Drills and Pulls

5/12-13/2021

Warm Up (600)

3 x 100 Swim (2x EZ, 1x build pace)

4 x 75 Non-Free stretch and loosen, DPS

Drills (300)

6 x 50 Drills (see side sheet)

Pulls, Strong Swim Efforts, EZ Kicks (900)

3 x 200 Free Base +:15

3 x 100 Pull (free, back, breast)

3x or 2x thru: (1,200/800)

2 x 50 Build Base Pace

2 x 50 Free ~90% effort Base -:05

1 x 100 Non-Free EZ R:10

1 x 100 Kick EZ R:30

2x thru: (IMO no Fly) (900)

1 x 150 IMO Base Pace

1 x 150 Pull (back or breast) Base Pace

1 x 150 IMO Base Pace -:05

1 x 150 Pull (back or breast) Base Pace -:05

Cool Down (6:05 pm)

200 EZ Choice, scull, high hips, streamline kick