

May-hem: 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

(2,300/1600)

8/5 x 100 Free

R:15"

25 kick+ 50 swim +25 kick

1 x 300/200 Free: Smooth Streamline Steady Pace

4 x 25 Kick: Sprint between flags @45"

1 x 300/200 Pull (paddles?) "Glove Stroke"

4 x 25 Kick: Sprint at flags to wall @45"

1 x 300/200 Free Strong Pace

6/4 x 50 Free

R:10"

Odd 50's Free/Even 50's NonFree

4 x 25 Choice Sprint Swim

@45"

Cool Down (5:55pm)

(200)

200+ Choice - lengthen, stretch, scull