

Base: Distance - Stretch and Lengthen Wednesday and Thursday

Warm Up:

300 Free every 4th 25 Back Kick R:10"
200 "Glove Stroke" (500)

Distance: lengthen and precise turns

4 x 100 Free R:20"
2 x 200 Kick - Mix R:20"
1 x 200 Pull R:20"
 every 4th 25 backstroke
4 x 50 Free DPS Base +:10 (1,200)

Cool Down: (5:50pm)

3 x 100 Free every 4th 25 sculling choice