

Focus: Distance - Stretch and Lengthen
Wednesday and Thursday

Warm Up:

500 Free every 4th 25 Back Kick R:10"
200 Pull and "Glove Stroke" (700)

Distance: lengthen and precise turns

4 x 50 Free DPS descend @base +:10"
4 x 200 Free @base +:20"
2 x 200 Kick - Mix @base +:20"
2 x 200 Pull R:20"
 every 4th 25 backstroke (2,000)

Cool Down: (5:50pm)

3 x 100 Free every 4th 25 sculling choice