

Focus: Kick and Swim

Wednesday & Thursday

Warm Up;

4 x 100 Swim	R:15	
4 x 50 Kick	R:15	
4 x 50 Pull	R:15	
4 x 15" Vertical Kick Mix	R:15"	(800+)

2x thru: Kick and Swim

4 x 50 Kick	R:15"	
4 x 75 Free	R:20"	
4 x 25 Flutter kick & "windshield wiper" sculling		
4 x 25 Inverted Breaststroke or Elementary Backstroke		
1 x 50 Breaststroke	R:15"	
4 x 25 "Triple Switch"		
2 x 75 Backstroke	R:20"	(1050)

Warm Down (5:55pm)

200 EZ Recovery		(200)
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