

Focus: Maintain Speed, Technique Monday & Tuesday

Warm Up:

200 Swim

200 Pull

3 minutes vertical kick - IMO

200 Back (600+)

5 x 50 Build Stroke R:15 (250)

3 x (4 x 25) R:10
1 - free, 2 - underwater flutter kick
3 - back, 4 - underwater dolphin kick (300)

8 x 100 @ base +:10 or R:15
Odd 100's Free, Even 100's IM
Minimal breathes last 25 of every 100 (800)

8 x 50 @ base +:10 or R:10
Underwater flip turn at the wall (400)

20 x 25 (fins optional) @ base +:15
Sprint strokes, excellent catch-pull-finish
4 butterfly
1 EZ
4 Backstroke
1 EZ (500)