

## Focus: Medley Transitions

Wednesday & Thursday

### Warm Up:

200 Swim

3-5 minute Vertical Kick Choice

200 Pull (400+)

### Warm Up Drill:

100 Dolphin Kick + 100 Fly Drill/Swim by 25's

100 Flutter Kick + 100 Back Drill/Swim by 25's

100 Breast Kick + 100 Breast Drill/Swim by 25's  
(600)

### Main:

3x/2x (4 x 75) Rotating IM's @ base +:10 or R:10

1 - Fly, Back, Breast

2 - Back, Breast, Free

3 - Breast, Free, Fly

4 - Free, Fly, Back (900/600)

6/4 x 100 @ base +:20 or R:15

Odds IM - No Free

Evens Free (600/400)

1 x 500/250 Streamline Back Kick- For Time - Fins?

Average 7-9 Underwater Kicks Off Each Wall

(500/250)