

Focus: Push offs and Streamline

Fun Friday

Warm Up

200 Free + 200 Pull + 200 Kick R:15"

4 x 75 Free 25 fast, 25 sprint, 25 cruise R:15"

(900)

Drill: Mid Pool Turns - (5:15pm)

Maximize Push offs and Streamline:

4 x 50 Sprint Kick into turn @:15"

2 x 100 Free @ Base + :10

2 x 100 Back @ Base + :10

2 x 100 Breast @ Base + :10

2 x 100 50 Back/50 Breast R:15"

3 x 100 Kick R:20"

3 x 100 Pull R:20" (1600)

Cool Down: (5:50pm)

4 x 50 Stretch, Scull, Kick

200 EZ