

Base Training: Putting turns together

Wednesday & Thursday

Work on put open turns all together, pushing off head down, dolphin or flutter kick (2), recovery with the left arm before breathing to the right.

Warm Up:

3 x 100 Free

2 x 100 Pull

2 x 100 Kick

4 x 50 (25 Kick + 25 Swim) (800)

Bilateral Breathing and Turns:

2 x 50 Non-Free R:15

1 x 100 Free R:10

2 x 100 Kick R:15

1 x 100 Free R:10

1 x 200 Non-Free R:10

1 x 100 Free R:10

2 x 100 Kick R:15

1 x 100 Free R:10

2 x 50 Non-Free R:15

2 x 200 Pull R:15

1 x 200 Kick R:10 (1,800)

Cool Down: (5:55pm)

4 x 50 Free

work on open turns and streamline distance