

Base: Ramp it Up then Slow it Down

Friday

Warm Up:

300 EZ Free

200 Kick on Back

200 EZ Non-Free DPS (800)

Drill & Swim:

3 x 100 Swim & Drill R:10"
50 "Glove Stroke" + 75 Swim Free (300)

6 x 50 Fast Kick R:10" (300)

4 x 150: 125 Swim + 25 Scull R:10"
Odds Free/Evens Non-Free (600)

6 x 50 Pull R:10" (300)

4 x 75: R:10" (300)
50 Swim Choice + 25 Streamline Back Kick

Cool Down: (5:55pm)

200 EZ, stretch, lengthening strokes, ez kick