

Base: Building Speed

Thursday & Friday

Warm Up

200 Free: Odd 50's finger tip drill

200 Pull: glide and catch

200 Free: 3rd 25 front scull (600)

Speeding Building

4 x 50 Kick: 25 moderate 25 fast R:10"

3 x 100 Free: descend pace each 100 R:10"

2 x 50: Back Recovery R:05"

3 x 100: Free Breathe pattern by 25's 3/4/5/6,

2 x 50: Back Recovery R:05"

300 Free: Watch Time

2 x 50: Back Recovery R:05"

(1,400)

Cool Down

200 Stretch, Lengthen, Scull