

Base: Strength and Control

Tuesday & Wednesday

Warm Up 3x thru:

100 Free + 50 Kick (no fins focus on up-kick)

(450)

Drills:

3 x 50 Buoy at ankles, stabilize core, streamline

3 x 50 Odd 25's "Tarzan" head high, front sight
Even 25's "Doggy Paddle"

3 x 50 "Sailboat" Kick

(450)

Control Strength:

2 x 100 Back Ez (L-Drill - even 50's)

4 x 50 Free (DPS)

R:10"

3 x 100 Pull

R:15"

w/paddles breathe pattern by 25's 3/5/3/5

2 x 100 Back Ez (L-Drill - odd 50's)

4 x 100 Free

R:20"

50 build/75 no breathe/last 25 strong kick

1 x 100 Back Ez (DPS)

(1400)

Cool Down:

200 lengthen & stretch