

Focus: 40 x 50's Swim & Kick

Monday & Tuesday

Warm Up: **R:10"**

200 Free + 200 Kick + 200 Pull

Matt Grever's Backstroke Drill Sets:

re-group 5:10-5:20

40 x 50's: Swim set till 5:50pm

10 x 50 Free @1:00 or R:10"

5 x 50 Non-Free @1:00 or R:10"

5 x 50 Kick (fins?) 25 fast/25 Ez R:10"

10 x 50 Free @:55 or R:10"

5 x 50 Back Kick (fins?) R:10"

5 x 50 Free @:50 or R:10"

5:50pm - stop above set move to:

1 x 200 Pull R:10"

Cool Down:

200 stretch, lengthen, scull