

Focus: Strength and Control

Tuesday & Wednesday

Warm Up 4x or 3x thru:

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

(600/450)

Drills:

4/3 x 50 Buoy at ankles, stabilize core, streamline

4/3 x 50 Odd 25's "Tarzan" head high, front sight

Even 25's "Doggy Paddle"

6/3 x 50 Fast "Sailboat" Kick

(700/450)

Control Strength, speed secondary:

2 x 200/100 Back Ez (L-Drill - even 50's)

6/4 x 50 Free Build to race pace @ base :+10"

2 x 300/200 Pull @ base :+15"

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

1 x 200/100 Back Ez (L-Drill - odd 50's)

6/4 x 100 Free @ base :+20"

50 build/75 no breathe/last 25 strong kick

1 x 100 Back Ez (DPS)

(1900/1400)

Cool Down:

200 lengthen & stretch