

# Base: Building 50's and Drills for Breast & Fly Wednesday & Thursday

## Warm up

200 Swim + 200 Kick

R:15"

4 x 50 Odd Back/Even Breast Distance off Wall (600)

## 200 Pace for 50's:

4 x 50 Free

R:15"

3 x 50 Free

R:10"

2 x 50 Free

R:05"

1 x 50 Free

Timed

1 x 200 EZ Kick

1 x 200 Swim

Timed

(900)

## Breaststroke and Butterfly Drills: (as time permits)

Breaststroke Kick

Breaststroke Pull

Body Dolphin Rhythm

Fly progression