

Base: Distance - Stretch and Lengthen

Monday & Tuesday

Warm Up:

200 Free every 4th 25 Back Kick R:10"
4 x 50 Kick - 25 Ez/ 25 Fast R:10"
100 Pull and "Glove Stroke" (500)

Mid Pool Turns: re-group @ 5:15pm

Distance: lengthen and precise turns

4 x 50 Free DPS descend @base +:10"
3 x 100 Free @base +:20"
4 x 50 Kick - Mix @base +:20"
2 x 100 Pull R:20"
every 4th 25 backstroke (900)

Cool Down: (5:50pm) (300)

(fins?, paddles? buoys?)

25 Free B5 + 50 Free B3 + 75 Free B2
75 Free B3 + 50 Free B5 + 25 Free B3