

## Base: Strength and Control

Friday

### 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 "Doggy Paddle" Even 25's Swim

3 x 50 Fast Kick off wall, EZ swim at 5yds (450)

### Control Strength, Speed Secondary:

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

8 x 25 Free 1-4/5-8 Descend @ base :+10"

2 x 100 Pull @ base :+15"

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

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

2 x 100 Odd Free/Even Back @ base :+20"

1 x 100 Back Ez (DPS) (1100)

### Cool Down:

200 lengthen & stretch