

Base: Transitions - Stretch and Lengthen

Wednesday and Thursday

Warm Up:

200 Free every 4th 25 Back Kick	R:10"	
4 x 50 Kick - 25 Ez/ 25 Fast	R:10"	
200 Pull and "Glove Stroke"		(600)

Open Turns & Initiate Flip Turns: (regroup 5:15)

Distance: lengthen and precise turns

3 x 50 (25 Free/25 Back)	R:10"	
2 x 75 Free - DPS	R:20"	
1 x 100 Free Kick		
3 x 50 (25 Back/25 Free)	R:10"	
2 x 75 Back - DPS	R:20"	
1 x 100 Back Kick		(800)

Cool Down:

2 x 100 Pull	R:20"	
every 4th 25 backstroke		(200)