

Base: Transitions Efficient & Quick

Monday & Tuesday

WarmUp

(600+)

1 x 300 Swim Mix - 75 Free + 25 Kick

2 x 100 Kick Mix Odd 50's EZ/Even 50's Fast

1 x 100 Free & Back Drill

Odd 50's Single Arm/Even 50's Swim DPS

Open Turns: Free and Back (regroup 5:20pm)

Efficient Turns: 50's Efficient, 100's DPS

4 x 50 25 Free/25 Back R:15"

1 x 100 Free R:20"

1 x 50 Triple Switch Drill

4 x 50 25 Back/25 Free R:15"

1 x 100 Back R:15"

1 x 50 Triple Switch Drill

4 x 50 Back R:15"

1 x 100 Odd 25 Free/Even 25 Back R:20"

1 x 50 Triple Switch Drill (1050)

CoolDown: (fins? paddles/buoys?) (300)

25 Free B5 + 50 Free B3 + 75 Free B2

75 Free B3 + 50 Free B5 + 25 Free B3