

# Focus: Transitions Efficient & Quick

Monday & Tuesday

## WarmUp

(900+)

1 x 400 Swim Mix - 75 Free + 25 Kick

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

1 x 200 Free & Back Drill

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

## **IM Transitions Drills: Back > Breast (regroup 5:20pm)**

### **IM Transitions: 50's Efficient, 100's Strong Pace**

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

1 x 100 IM R:20"

1 x 50 Ez Recovery

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

1 x 100 IM R:15"

1 x 50 Ez Recovery

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

1 x 100 IM R:20"

1 x 50 Ez Recovery (1050)

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

25 Free B5 + 50 Free B3 + 75 Free B2

75 Free B3 + 50 Free B5 + 25 Free B3