

## Focus: Speed Training

Wednesday & Thursday

### Warm Up

200 Free: Odd 25's free/Even 25's finger tip drill

200 Back: DPS, hip drive rotation

8 x 50 Kick: 25's "Superman"/Back Streamline

(1000)

### Kick Speed and Recovery Swim

5x 100 Free

R:15"

25 kick+ 50 swim +25 kick

1x 200 Free: Smooth Streamline Steady Pace

6x 25 Kick: Sprint between flags @45"

1x 200 Pull (paddles?) "Glove Stroke"

6x 25 Kick: Sprint at flags to wall @45"

1x 200 Free Smooth Streamline, "Bubble-Free"

6x 50 Free Strong Pace @base +:10

Odd 50's Free/Even 50's NonFree

6x 25 Choice Sprint Swim

@45"

(1800)

### Cool Down (5:55pm)

(200)

200+ Choice - lengthen, stretch, scull