

Focus: 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 "Tarzan" head high, front sight
Even 25's "Doggy Paddle"

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

Control Strength, Speed Secondary:

2 x 200 Back Ez (L-Drill - even 50's)

6 x 50 Free Descend 1-3/4-6 @ base :+10"

2 x 300 Pull @ base :+15"

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

1 x 200 Back Ez (L-Drill - odd 50's)

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

50 build/25 strong kick/25 finish fast

1 x 100 Back Ez (DPS) (2200)

Cool Down:

200 lengthen & stretch