

Base Training: DPS Swims

Tuesday

Warm-up

2 x 100 Swim

2 x 100 Kick: Flutter and Breast on Back (400)

Distance Free & DPS

4 x 50 Free DPS R:20"

4 x 25 Back Kick R:10"

4 x 25 Breast Kick R:20"

1 x 100 Pull Free DPS R:20"

4 x 100 Free DPS R:30

4 x 50 Back Swim R:30

4 x 50 Breast Swim R:30"

1 x 100 Pull Free DPS R:20"

4 x 50 Free DPS R:30

4 x 25 Back Kick R:10"

4 x 25 Breast Kick R:20"

1 x 100 Pull Free DPS R:30 (1900)

Warm-down:

200 Choice