

Focus: Aerobic Free

Thursday

Warm Up:

200 Free

200 Kick

200 Pull

200 Back

(800)

Catch and Rotation Drill:

4x (3x 25) - Odd Set Free/Even Set Back

1x 25 Right Arm

1x 25 Left Arm

1x 25 Perfect Free or Back

(300)

Building 200's:

4 x 50 Non-Free Choice

@base or R:05

1 x 200 Free 65%

@base +:30 or R:20

3 x 50 Non-Free Choice

@base +:10 or R:10

1 x 200 Free 75%

@base +:30 or R:20

2 x 75 Non-Free Choice

@base +:15 or R:15

1 x 200 Free 85%

@base +:30 or R:20

1 x 10 minute Swim for Distance

(1100+)

Cool Down:

1 x 200 Ez Choice