

Base: Aerobic Free - Pyramid

Thursday

Warm Up:

200 Free

100 Kick

100 Pull

(400)

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)

Aerobic Pace Pyramid

1 x 100 Non-Free Choice R:10"

1 x 100 Free R:10"

1 x 150 Non-Free Choice R:15"

1 x 150 Free R:15"

1 x 200 Free R:20"

1 x 150 Non-Free Choice R:15"

1 x 150 Free R:15"

1 x 100 Non-Free Choice R:10"

1 x 100 Free R:10"

(1200)

Cool Down:

1 x 200 Ez Choice