

Base: Aerobic Free - Pyramid

Thursday

Warm Up:

200 Free

100 Kick

100 Pull

(400)

Rotation Rhythm Drill:

Free 2x (2 x 25) "Head Tap" + 1 x 25 DPS

Back 2x (2 x 25) 6 kick/triple switch + 1 x 25 DPS

(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