

## **Base: Technique Training**

Tuesday

### **Warm Up:**

200 Swim

200 Kick

100 Pull

(500)

### **1x thru Long Axis Drill:**

R:10"

(4 x 50) 25 Free Drill + 25 Swim

25 6 Kick & 1 rotation + 25 Free Swim

1 x 100 Ez Free

(4 x 50) 25 Back Drill + 25 Back Swim

25 6 Kick & 1 rotation + 25 Back Swim

1 x 100 Ez Free

(600)

### **1x or 2x thru:**

1 x 100 (50 Drill + 50 Swim)

2 x 100 (25 Drill + 75 Swim)

(600)

### **Choice for Time**

Best Back and Free

1 x 50 - or - 1 x 100