

Base: DPS Swims

Thursday

Warm-up

2 x 100 Swim

2 x 100 "SLOB" Kick

(400)

SLOB - Streamline Kick on Back (no board)

Distance Free & DPS

4 x 50 Free DPS

R:15"

4 x 25 Back Kick

R:10"

4 x 25 Breast Kick

R:10"

1 x 100 Pull Free DPS

R:20"

2 x 100 Free DPS

R:20"

4 x 50 Back Swim

R:15"

4 x 50 Breast Swim

R:15"

1 x 100 Pull Free DPS

R:20"

2 x 50 Free DPS

R:15"

4 x 25 Back Kick

R:10"

4 x 25 Breast Kick

R:10"

1 x 100 Pull Free DPS

(1700)

Warm-down:

200 Choice