

## Focus: Speed Training

Friday

### Warm Up

200 Free: Odd 25's free/Even 25's finger tip drill

200 Back: hip drive rotation, Even 25's "Okay" drill

4 x 50 SLOB Kick: (Streamline on back) (600)

### Kick Speed and Recovery Swim

4x 100 RIMO R:15"

25 kick+ 50 swim +25 kick

1x 200 Free: Smooth Streamline Steady Pace

6x 25 Kick: Sprint between flags @45"

1x 200 Pull "Glove Stroke" hip drive

6x 25 Kick: Sprint at flags to wall @45"

1x 200 Free Smooth Streamline, "Bubble-Free"

6x 25 Free Strong Pace @base +:10

Odd 25's Free/Even 25's NonFree

8x 25 Choice Sprint Swim @45" (1650)

**Bonus:** Continuous Swim till 5:55

1x 100 IM + 1x 100 EZ Free (200+)

Cool Down (5:55pm) 200+ lengthen, stretch, scull