

Base: Kick and Swim

Tuesday

Warm Up;

2 x 100 Swim	R:15	
4 x 50 Kick	R:15	
4 x 50 Pull	R:15	
4 x 15" Vertical Kick Mix	R:15"	(600+)

2x thru: Kick and Swim

4 x 50 Kick Choice	R:15"	
4 x 25 "Triple Switch"	R:15"	
4 x 75 Free DPS	R:20"	
4 x 25 Flutter kick & "windshield wiper" sculling		
4 x 25 Inverted Breaststroke or Elementary Backstroke		
1 x 50 Breaststroke	R:15"	
4 x 25 "Okay" Drill	R:10"	
2 x 75 Backstroke	R:15"	(1050)

Warm Down (5:55pm)

200 EZ Recovery		(200)
-----------------	--	-------