

Focus: Symmetry & Speed

Wednesday

Warm Up:

(600)

200 EZ Free and Back

200 Kick Mix - no board

8 x 25 odd fast stroke/even ez free

Bilateral breathe + no breathe into/off walls.

First Quarter: R:20"

(800)

4 X 50 right hand paddle + fin on left foot

4 X 50 left hand paddle + fin on right foot

4 X 50 right hand paddle + fin on right

4 X 50 left hand paddle + fin on left foot

Second Quarter: R:20"

(400)

1 X 100 Paddles and Fins - lengthen stroke

1 X 100 No Paddles or Fins - Choice - DPS

1 x 100 Swim - Predict Time

1 x 100 Kick

Third Quarter: R:30"

(600)

4 x (50 IMO Fast + 100 Free EZ)

Fourth Quarter: Free Fins & Paddles

(400)

4 x (25 fast + 25 ez + 25 fast + 25 ez)

Cool Down:

Last 5 minutes stretch, lengthen, kick