

Base: Aerobic Free

Wednesday PM (Fri AM)

Warm Up:

200 Free

200 Kick

200 Pull (600)

Catch and Rotation Drill:

4x (3x 25) - Odd Set Free/Even Set Back

1x 25 Right Arm

1x 25 Left Arm

1x 25 Perfect Free or Back (300)

Building 200's:

4 x 50 Non-Free Choice R:10

1 x 200 Free DPS R:20

2 x 75 Non-Free Choice R:15

1 x 150 Free DPS R:20

1 x 100 Non-Free Choice R:20

1 x 100 Free DPS R:20 (900)

1 x 10 minute Swim for Distance

(12:45pm or 6:45am)

Cool Down:

1 x 200 Ez Choice