

Base: DPS Swims

Wednesday (Noon & AM) Thursday (Noon)

Warm-up

2 x 100 Swim Choice

2 x 100 "SLOB" Kick: Flutter and Breast

Streamline on Back (SLOB)

(400)

Distance per Stroke (DPS)

4 x 50 Breast Swim - DPS

R:30"

1 x 100 Pull Free DPS

R:20"

4 x 50 Free DPS

R:30

4 x 25 Back Kick

R:10"

4 x 25 Breast Kick - long glide

R:20"

1 x 100 Pull Free DPS

R:30

4 x 50 Free DPS

R:20"

4 x 25 Back Kick

R:10"

4 x 25 Breast Kick

R:20"

1 x 100 Pull Free DPS

R:20"

4 x 100 Free DPS

R:30"

4 x 50 Back Swim

R:30"

(1900)

Warm-down:

200 Kick