

Base: DPS Swims

Monday PM (Wed. AM)

Warm-up

2 x 100 Swim Choice

2 x 100 "SLOB" Kick: Flutter and Breast
Streamline on Back (SLOB)

(400)

Distance Free & DPS

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

4 x 50 Breast Swim

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

R:20"

1 x 100 Pull Free DPS

R:30

(1900)

Warm-down:

200 Choice