

Base: Mid-Distance Swim & Kick Drills

Wednesday & Thursday Noon/Friday 6am

Warm Up R:10"

200 Free + 200 Pull + 100 Kick + 100 Choice

Breaststroke Kick Drills and Free:

2 x 75 Free R:15"

2 x 50 Elementary Backstroke (maximize glide)

2 x 100 Free Pull R:15"

2 x 50 Inverted Breaststroke (maximize glide)

2 x 75 Free R:15"

2 x 50 BreastStroke Kick - SLOB (arms overhead)

2 x 75 Free R:15" (950)

Cool Down

1 x 200 EZ Free - lengthen, scull, kick (400)