

Base: Mid-Distance Free

Monday Noon & Wednesday 6am

Warm Up

75 Free + 25 Back + 75 Free + 25 Breast

100 Kick Choice

100 Pull (400)

Drill

2 x 75 Fist Swim - Choice Strokes - DPS

50 "Fist" + 25 Open Fist

2 x 75 Lengthen Strokes - Free

50 Finger Drag + 25 Swim DPS (300)

Mid-Distance Free

2 x 75 - Streamline Kick on Back (SLOB) Kick

1 x 150 - Broken swim by 50's R:"10"

2 x 75 - Odd 75 "SLOB" Kick/Even 75 Swim

1 x 150 - Broken swim by 75's R: 15"

2 x 75 - Swim DPS R:15"

1 x 150 - Continuous Swim (900)

4 x 50 Kick

Odd 50's - non-free + Even 50's free (200)

Warm Down

200 Choice - (w/finger tip drag and Glove Stroke)