

Focus: Stretch and Lengthen

Monday

Warm Up:

200 Free every 4th 25 Back Kick R:10"
4 x 50 Kick - 25 Ez/ 25 Fast R:10"
200 Pull and "Glove Stroke" (600)

Distance: lengthen and precise turns

4 x 50 (25 Fly/25 Back) @base +:10"
2 x 100 IM @base +:20"
1 x 100 Free Ez

4 x 50 (25 Breast/25 Free) @base +:10"
2 x 100 IM @base +:20"
1 x 100 Free Ez (1,000)

2x thru: Sprint & Early Vertical Arm @base +15"

4 x 25 Free (2nd round Breaststroke)
1 x 25 Ez Choice
4 x 25 Backstroke (2nd round Fly)
1 x 25 Ez Choice (500)

Cool Down:

2 x 200 Pull R:20"
every 4th 25 backstroke (400)