

## Focus: Broken Swims

Wednesday & Thursday

### Warm Up:

300 EZ Free

200 Pull

200 Kick Choice (700)

### 3x thru:

1 x 50 3 strokes fly/3 strokes breast R: 10"

2 x 25 sprint fly or breast swim R: 15" (300)

### 1x thru:

3 x 100 odd 100 IM/Even 100 Choice R:20" (300)

### 1x thru:

3 x 200: Broken Swim R: 20"

(1st 50 build + 25's fast + 3rd 50 cruise)

50 free + 4 x 25 fly + 50 free

50 free+ 4 x 25 back + 50 free

50 free+ 4 x 25 breast 50 free (600)

4 x 50 Kick Choice R: 10" (200)

4 x 75: Broken Swim (odd 25's fast, even 25's EZ)

#1 fly/free/fly, #2 back/free/back

#3 breast/free/breast, #4 all free (300)

3 x 100 Pull: Bilateral Breathe R: 20" (300)