

Focus: Chippers and Fine Tune Turns

Wed Noon/Friday 6am

Warm Up:

200 Swim Choice

200 Kick - odd 25's fast/even 25's steady pace

4 x 50 - Odd 25: Sprint Free, First Breathe after
3 strokes off wall, finish EZ, Even 25: EZ Fly (600)

Fine Tune Flip Turns within main set: squeeze ears, kick into rotation, underwater pull -> arm under body

Chipping Away:

6 x 50 "Red Bull" Kicks into Turn @:60"/:70"

1-3 Free & 4-6 Non-Free Choice

1 x 200 Free @Base +:10"

12 x 25 IMO @:30"/45"

1 x 200 Free @Base +:10"

8 x 25 Swim Fast Kick btwn Flags @:45"

1 x 200 Free @Base +:10"

4 x 25 Sprint Choice @40"

1 x 100 Negative Split

1 x 200 EZ Non-Free Kick (1800)

Warm Down: 1 x 200 EZ Recovery, Stretch, Scull