

Focus: Mid-Distance Free

Mon. Noon/Wed 6am

Warm Up:

75 free + 25 back w/fist

75 free + 25 breast w/fist

75 free + 25 fly w/fist (300)

Drill:

4 x 75 Lengthen Strokes - Free @ 1:20/1:30

1st 25 - Knuckle (Finger Tip) Drag w/fist

2nd 25 - "Glove Stroke" w/fist - lengthen

3rd 25 - Swim Max DPS w/open hand (300)

Mid Distance Free

1 x 100 Non-Free Choice @1:45/1:30/1:20

1 x 200 Broken swim at 50's R:05"

2 x 100 Broken kick @1:45/1:30/1:20

#1: 25's R:05"/#2: 50's R: 10"

1 x 300 Broken swim at 75 R:10"

3 x 100 Non-Free kick & swim:

#1:25's R:05"/#2:50's R:10"/#3: 100's R:15"

1 x 500 Continuous - Predict final time (1600)

Kick:

@ 1:00/1:15/1:30

3x (50 SLOB Kick + Even 50 Build) (300)

Warm Down: 200 Free (w/finger tip drag)