

Base: Endurance Training

Part I Freestyle

Monday & Tuesday

Warm Up:

200 Free

200 Pull

Vertical Kick Choice 3-5 minutes (400+)

Drill Set:

4x (4 x 25) Free R:10

R1: Fist Swim

R2: Single Arm (25 R/25 L)

R3: "Shark Fin" side kicking

R4: Free Swim DPS (400)

Free Training:

3 x 100 (50 Swim/50 Kick/50 Swim) R:10" (300)

4 x 50 Free descend DPS R:10 (200)

3 x 100 - Broken Best Average R:30" @ 100's
25 - R:05", 50 - R:10", 25 - Fast (300)

Cool Down:

1 x 200 EZ Choice (200)