

Base: Technique Training

Monday & Tuesday

Warm Up:

200 Swim

200 Kick

100 Pull

(500)

1x thru Long Axis Drill:

R:10"

(4 x 50) 25 Free Drill + 25 Swim

25 "Top Hat" + 25 Free Swim

1 x 100 Ez Free

(4 x 50) 25 Free Drill + 25 Free Swim

25 "Glove Stroke" + 25 Free Swim

1 x 100 Ez Free

(600)

1x or 2x thru:

1 x 100 (50 Drill + 50 Swim)

2 x 100 (25 Drill + 75 Swim)

(600)

Choice for Time

Best Back and Free

1 x 50 - or - 1 x 100