

Focus: Keep Climbing

Friday

Warm Up:

3x 300: Swim/Kick/Pull (900)

Drill Set:

4x (5 x 25) Odd Free & Even Back @R:10
1) 25 LA Kick - side lying kick/overkick
2) 25 Fist Swim
3) 25 4 Back-3 Free
4) 25 Fist Swim
5) 25 Distance per Stroke or Cycle (500)

Set:

4 x 75 DPS - Match DPS each 25 R:10
25 Back, 25 Free, 25 Back (300)

4 x 75 DPS - Match DPS each 25 R:10
25 Free, 25 Back, 25 Free (300)

4 x 100 @ base or R:10
75 Free 65%, 25 Back Fast (400)

4 x 100 @ base or R:10
75 Back 65%, 25 Free Fast (400)

Choice for Time - Best Free and Back

2 x 100 FAST @3:30