

Focus: Gradual Climb

Monday & Tuesday

Warm Up:

3x 300/200: Swim/Kick/Pull (900/600)

Drill Set:

4x (5 x 25) Odd Fly & Even Breast R:10
1) 25 SA Kick - no board (fins?)
2) 25 Single Arm Drills
3) 25 4 Fly-3 Breaststroke
4) 25 Single Arm Drills
5) 25 Distance per Stroke or Cycle (500)

Climb:

4 x 75 DPC - Match DPC each 25 R:10"
25 Breast, 25 Fly, 25 Breast (300)

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

3/2 x 100 @ base or R:15"
75 Free 65%, 25 (non-free) 75% (300/200)

3/2 x 100 @ base or R:15"
25 (non-free) 75%, 75 Free 65% (300/200)

Choice for Time - Best 1 x 100 FAST