

Base: Distance

Monday

Warm Up: (No equipment)

200 Swim

3 x 50 Side Kick (triple switch + 8 kick) (fins?)

3 x 50 Match DPS (25 Free + 25 Back) (500)

Drill:

2x (8 x 25) R1-Free & R2-Back

R1: Odd Finger-tip drag/Even "Glove Stroke"

R2: Odd "L"/Even Fist Swim (400)

Distance:

8 x 25 Steady Pacing R:05" (200)

4 x 50 Pull (50 free/50 back) R:10" (200)

4 x 75 Best Effort R:20"
Odds: 25 Back + 25 Breast + 25 Back
Even: Free Recovery (300)

3 x 100 Free -DPS R:30 (300)

5:35pm: 2x (75 Free + 25 Non-Free) (200)

5:45pm: 2x (75 Non Free + 25 Free) (200)