

Base: Endurance Training

Monday 2/21

Warm Up: (no equipment)

200 Swim Choice

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

4 x 50 (25 fast free + 25 Ez back) (600)

Drill:

2 x (6 x 25) R1-Free, R2-Back

R1: Odd Goggle In, Goggle Out/Even Finger Drag

R2: Odd "L"/Even "Okay" Entry (300)

Endurance:

4 x 100 - Free, #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Kick Recovery

4 x 50 - Back, #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Pull Recovery

4 x 25 - Free, #1 R:10", #2 R:05", #3 R:05"

1 x 100 EZ Kick Recovery (1000)

2x (75 Back + 25 Free) R:15" (200)

5:45pm: Timed Swim:

1 x 200 Free for Time (200)