

Base: Aerobic IM - Endurance

Wednesday

Warm Up: (No equipment)

200 Swim

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

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

Drill:

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd SA Pulsing/Even "StoneSkipper"

R2: Odd "Angel Wings"/Even Single Arm (300)

2x thru:

1x (50 Free + 25 Fly Drill + 50 Free + 25 Fly Drill)

1 x 100 Ez Pull (250)

1x (50 Free + 25 Back + 50 Free + 25 Back)

1 x 100 Ez Pull (250)

Drill:

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd SA Pulsing/Even "StoneSkipper"

R2: Odd "Angel Wings"/Even Single Arm

1 x 100 Ez Kick (400)

4 x 75 - Consistent Pacing R:15"

Odd 75 Free/Even 75 Non-Free (300)