

Base: Aerobic Stroke Endurance

Wednesday, 3/9

Warm Up: (no board or buoy)

200 Swim Choice

5 minute Vertical Flutter Kick - forward and backward

4 x 50 (25 fast free + 25 Ez back) (400+)

Drill: Backstroke (fins optional)

2 x (4 x 50)

R1: Odd 25-Double Arm Backstroke, Even 25-"Okay"

R2: 6-Count Kick/Triple Switch (400)

Endurance Building: R:20"

2x (50 FR +50 BK +50 FR +50 BK)

1 x 100 Ez Choice (500)

Drill: Breaststroke

2 x (4 x 50)

R1: Odd 25-Kick Drill, Even 25-2 Kicks-1 Pull

R2: Odd 25-Sculling, Even 25-Underwater Kick

Endurance Building: R:20"

2x (50 FR +25 BR +50 FR +25 BR)

1 x 100 Ez Choice (400)

Cool Down:

1 x 200 EZ Choice (200)