

Base: Symmetry & Speed

Monday 3.21.22

Warm Up: (300+)

200 EZ Free and Back

4 x 25 odd fast stroke/even ez free

Zig-Zag Kick- Group start and end in shallow

Drill: 2x (3 x 50) Free - w/fins (300)

R1: Catch-Up Drill, R2: Paddle or Fist Swim

First Quarter: R:20" (600)

3 X 50 right hand paddle + fin on left foot

3 X 50 left hand paddle + fin on right foot

3 X 50 right hand paddle + fin on right

3 X 50 left hand paddle + fin on left foot

Second Quarter: R:20" (400)

2 X 50 Paddles and Fins - lengthen stroke

2 X 50 No Paddles or Fins - Choice - DPS

2 x 50 Choice Stroke - Predict Time

1 x 100 Kick

Third Quarter: R:30" (400)

2 x (100 Stroke+ 100 Free)

Fourth Quarter: Free Fins & Paddles (200)

2 x (25 strong + 25 ez + 25 strong + 25 ez)

Cool Down:

Last 5 minutes stretch, lengthen, kick