

Base: 50's

Wednesday 3/30

Warm up:

200 Swim

4 x 50 Kick: Odd Back/Even Breast -Distance off Walls

8 x (30" Vertical Kick + 25 SA Drill) (600+)

Maintain Free Pace for 50's:

5 x 50 Free R:20"

4 x 50 Free R:15"

3 x 50 Free R:10"

2 x 50 Free R:05"

1 x 200 EZ Kick (700)

Fly & Breast (Short Axis) Drills:

3 x 50 Fly Drills

4 x 50 Back R:15"

3 x 50 Breast Drills

4 x 50 Free R:15"

1 x 200 EZ Kick @4:00 (900)