

Base: Speed Training

Wednesday 3/23/22

Warm Up

100 Free: Odd 25's free/Even 25's finger tip drill

4 x 50 SLOB Kick Choice: (Streamline on back)

4 x 50 Breast - 25's - Swim DPS/2 Kicks + 1 Pull

100 Back Drills - 25's - Double Arm/"Okay" (600)

Kick Speed and Recovery Swim

2x 100 RIMO R:15"
25 kick+ 50 swim +25 kick

1x 100 Free: Smooth Streamline Steady Pace
4x 25 Kick: Sprint between flags @45"

1x 100 Pull "Glove Stroke" hip drive
4x 25 Kick: Sprint at flags to wall @45"

1x 100 Free Smooth Streamline, "Bubble-Free"
4x 25 Free Strong Pace @base +:10
Odd 25's Free/Even 25's NonFree

6x 25 Choice Fast Swim @45" (950)

Bonus: 10 minute Continuous Swim

1x 100 Stroke + 1x 100 EZ Free (200+)

Cool Down 200+ lengthen, stretch, scull