

## Focus: Speed Work

Monday 3/7

### Warm Up: (no board or buoy)

300 Swim Choice

5 minute Vertical Flutter Kick - variable arm position

4 x 50 (25 fast free + 25 Ez back) (500+)

### Drill:

2 x (4 x 50) Free - w/fins

R1: Side Kick "1 Goggle in, 1 Goggle out"

R2: Free Rhythm Drill - "single arm pull" (400)

### 4x thru Speed Training:

30 second vertical flutter kick - strong and fast

1 x 50 Free Fast + 1 x 200 EZ Choice (1000+)

### 1x thru Recovery Swim: R:15"

1x (75 Back + 25 Free) + (75 Free + 25 Back)

1x (100 Back + 50 Free) + (50 Free + 50 Back) (500)

### Drill:

2x (4 x 50) Free - w/fins

R1: Catch-Up Drill, R2: Paddle or Fist Swim (400)

### 5:45pm Timed Swim:

1 x 200 Fast Free for Time (200)