Base: Distance Training Mon. & Tues. 4/4-4/5

Warm Up:

2 x (75 Ez Swim/25 Fingertip drag) R:10"
2 x 75 Free and Back DPS R:10"
4 x (30" Vertical Kick + 25 Swim fast kick) (350)

Timed: 1 x 50 Free, 1 x 50 Back

Main:

4 x 100 Free Cruise Pace R:10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
3 x 100 Free Build R:10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
2 x 100 Free Descend R:10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
(1,350)

Backstroke:

2 x 100: 50 Double Arm/50 6 kick:3 stroke
2 x 50: Back DPS
2 x 100: 50 "Okay"/50 Hesitation Tap
2 x 50: Back DPS

Timed: 1x 50 Free, 1x 50 Back