

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

Warm Up:

3 x (75 Ez Swim/25 Fingertip drag) R:10"
4 x 75 Free and Back DPS R:10"
8 x (30" Vertical Kick + 25 Fast Swim IMO) (800)

Backstroke Drills:

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 DPS (700)

Timed: 1 x 100 Backstroke, 1 x 100 Free

Main: (2,000)

5 x 100 Free Cruise Pace base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
4 x 100 Free Build base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
3 x 100 Free Descend base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
2 x 100 Free Fast base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"

Timed: 1 x 100 Free, 1 x 100 Backstroke