

## Base: Sprint Free & Stroke Changes

### Monday & Friday

#### Warm Up:

200 Swim Choice

3 x 50 (25's Free Rhythm Drill + 25's Catch up Swim)

100 Non-Free Choice

3 x 50 Pull B3 (600)

#### 2x thru:

1 x 75 RA/LA/Swim DPS R:15"

1 x 50 Fast R:20"

2 x 50 Kick Mod Fast R:15"

1 x 75 RA/LA/Swim DPS R:15"

2 x 50 Fast R:20"

4 x 50 Kick Mod Fast R:15"

- Bonus Rest - 1:00 Minute - (1200)

#### 4x/2x thru: (Odd Round Fr/Even Round Non-Fr)

1 x 25 Ez @:40"

1 x 25 Ez/Fast @:40"

1 x 25 Ez @:40"

1 x 25 Fast @:40" (400)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull