

Base: Steady Pace and Good Technique

Monday and Tuesday (Mini Swim Meet)

Warmup:

200 Swim Choice

100 Non-Free (25 Kick + 25 Drill)

100 Swim Choice

3 x 50 (Fl drill/Bk, Bk/Br, Br/Fr) (550)

Fly drills: Stoneskipper, 25's RA/LA/Double,
Angel Wings, Body dolphin

(Tuesday - Mini Swim Meet - 50's & 100's)

Steady Pace:

2 x 100 Non-Free R:20"

1 x 200 Fr R:15"

3 x 100 Non-Free R:20"

1 x 100 Free R:15"

2 x 100 Non-Free R:20"

1 x 200 Free R:15" (1200)

Cool Down: 6 x 50 EZ kick/swim/scull