

Focus: Free/Stroke - Transitions

Friday

Warm up

300/200 Free Swim

300 IMO (25 Kick/25 Drill/25 Swim)

IM Drill Choices: (LA 3Fr/4Bk, SA 3Br/2Fly),

3/2 x 100 IM

(900/700)

Free/Stroke Transitions:

1 x 200 Free

R:15"

2 x 200 (50 Free + 50 Non-Free)

@base +15"

1 x 200 Free

R:15"

3 x 100 (25 Free + 25 Non-Free)

@base +20"

4 x 75 (25 Non-free + 25 Free + 25 Non-free)

R:20"

1 x 200 Free

R:15"

9 x 50 Non-Free

@base +20"

1-3 Descend, 4-6 Descend, 7-9 Descend

(2000)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns/Kick