

Base: Distance

Monday & Friday

Warm up:

200 Swim

2 x 75 - 25's (Back/Breast/Free)

4x (30" vertical kick + 25 Back or Breast) (450)

Drill: (200)

4 x 50 Free - w/fins

25's - Side Kick "1 goggle in, 1 goggle out"

25's - Triple Switch (6 kick + 3 strokes)

Distance:

3 x 150 descend DPS 1-3 R:20"

1 x 150 Broken - Choice R:10"
(100 + 50 + 50)

1 x 200 Pull (B3) (800)

4 x 50 descend DPS R:10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 200 Pull (B3) (700)

Cool Down:

3 x 100 Choice