

Base: Middle Distance Free - Pull Sets

Friday

Warm up

200 Swim

200 Kick

4 x 50 Breast and Fly Drills

(25's Stoneskipper or Angel Wings + 25 EZ Fly (Full Fly x3 strokes finish length with Free swim))

(600)

2x thru:

2 x 150 Free or Back DPS R:15"

1 x 150 Pull R:15" (900)

- Rest 60" -

2x thru:

2 x 150 Pull R:15"

1 x 150 Kick Choice R:30" (900)

1x thru:

2 x 50

Odd 50 Breast (1 pull + 2 kick) + Even 50 Free

2 x 50

Odd 50 Fly (Ez Fly) + Even 50 Free

(200)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns