

Base: Free/Stroke - Transitions

Wednesday

Warm up

200 Free Swim

4 x (25 Kick no-board/25 Drill/25 Swim)

Drill Choices: (LA: 3Fr/4Bk, SA: 1 pull + 2 kick),

8 x 25 Mid-Pool Turns (700)

Free/Stroke Transitions:

1 x 200 Free	R:15"	
3 x 100 (25 Free + 75 Non-Free)	R:20"	
1 x 200 Free	R:15"	(700)

- 1 minute rest-

4 x 75	R:20"	
(25 Non-free + 25 Free + 25 Non-free)		
1 x 200 Free	R:15"	
6 x 50 Non-Free	R:10"	(800)

Cool down:

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