

# Focus: Stroke - Fast 75s

Wednesday

## Warm up

3 x 300

100 Free + 100 Back + 100 Kick R:15" (900)

Drill: 8 x 50 (25 Fly or Br + 25 Free) R:15"

Fly (pick 1): Stoneskipper; RA/LA/Double (no breathe on double); "3's-2's" (3 br-2 fly no breathe)

Br (pick 1): 1-pull/2-kick; pull & fly kick; "3's-2's" (200)

## 4x or 2x thru:

4 x 50 Non-Free Kick R:15"

1 x 100 IM (Fast Back & Breast) R:10"

1 x 75 Ez Choice R:30" (1500/750)

- Rest 1 minute -

## 2x thru: (maintain good technique on fast 75's)

2 x 50 Fast Kick Choice R:10"

1 x 75 Non-Free Build R:15"

1 x 75 Non-Free Fast R:15"

1 x 50 Ez Choice R:30" (600)

## Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns