

## Focus: Symmetry & Speed

Wednesday

### Warm Up:

200 EZ Free and Back

8 x 25 odd fast stroke/even ez free (400)

Drill: 2x (4 x 50) Free - w/fins (400)

R1: Catch-Up Drill, R2: Paddle or Fist Swim

### First Quarter: R:10"

4 X 50 right hand paddle + fin on left foot

4 X 50 left hand paddle + fin on right foot

4 X 50 right hand paddle + fin on right

4 X 50 left hand paddle + fin on left foot (800)

### Second Quarter: R:15"

1 X 100 Paddles and Fins - lengthen stroke

1 X 100 No Paddles or Fins - Choice - DPS

1 x 100 Choice Stroke - Predict Time

1 x 100 Kick (400)

### Third Quarter: R:20"

4 x (100 IM/Stroke + 100 Free) (800)

### Fourth Quarter: Free Fins & Paddles

4 x (25 fast + 25 ez + 25 fast + 25 ez) (400)

### Cool Down:

Last 5 minutes stretch, lengthen, kick