

Base: Fly Training

Wednesday

Warmup:

1 x 100 Free

1 x 100 Kick - 25's SLOB / 25's Breast (no board)

1 x 100 Free

4 x 50 (25 Breast + 25 Free) R:15" (500)

Drill: 2 x (4 x 50)

R1: 25's Body Dolphin/25's Stoneskipper

R2: 25's 1-Breaststroke > hold glide + 1 kick/
25's Breast DPS <10 per length (400)

IMO:

1 x 100 Free/Back/Free/Breast R:20"

2 x 50 Fly Drill Choice R:20"

2 x 100 Free/Back/Free/Breast R:20"

4 x 50 Fly Drill Choice R:20"

3 x 100 Free/Back/Free/Breast R:20"

6 x 25 Single Arm Fly R:20"

1 x 100 Ez Recovery Choice

1 x 100 Pull (1250)

Cool Down: 3 x 100 Ez Recovery Choice