

Base: Stroke - Transitions

Wednesday

Warm up:

200 Free

300 IM (25 Kick + 25 Drill + 25 Swim)

3 x 100 Odd 25 Non-free/Even 25 Free R:10" (800)

Free to Non-Free Transitions:

1 x 100 Free

R:15"

2 x 200 (50 Free + 50 Non-Free)

R:20"

1 x 100 Free

R:15" (600)

3 x 100 (25 Free + 25 Non-Free)

R:20"

1 x 100 Free

R:15"

4 x 75

R:20"

25 Non-Free + 25 Free + 25 Non-Free (700)

Cool down:

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