

Base: Ladders->Swims->Kicks

Monday & Tuesday

Warm Up: (no board or buoy)

200 Swim Choice

5 minute Vertical Flutter Kick - fwd & bkwd

4 x 50 (25 fast free + 25 Ez back) (400+)

Drill: 2 x (4 x 50) Breaststroke & Fly

R1: (25)-Kick "hand lead", (25)-1 pull/2 Kick

R2: (25)-Stoneskipper (25)-LA/RA/Both (400)

100 IM's + 25's, 50's, 100's:

1 x 100 IM - Kick	R:20"	
2 x 50 Fast Swim Choice	R:20"	
1 x 100 Ez Choice	R:15"	
1 x 100 IM - Kick	R:20"	
4 x 50 Fast Swim Choice	R:20"	
1 x 100 Ez Choice	R:15"	
1 x 100 IM - Kick	R:20"	
8 x 25 Fast Swim Choice	R:15"	
1 x 100 Ez Choice	R:15"	(1,100)

1 x 200 IM Kick or Swim