

Base: Stroke - Hold Technique

Wednesday & Thursday

Warm up:

100 Free

100 (25 Kick/25 Drill/25 Kick/25 Drill)

100 Free

100 (25 Kick/25 Drill/25 Kick/25 Drill)

100 Free

100 (25 Kick/25 Drill/25 Kick/25 Drill) (600)

Maintain good technique on longer swims:

3 x 100 (50 Non-Free/50 Free) R:20"

1 x 100 Non-Free FAST R:40"

2 x 150 (50 non-free/50 free/50 non-free) R:20"

2 x 75 Non-Free FAST R:40"

3 x 100 (25 Non-Free/25 Free) R:20"

2 x 75 Non-Free Fast (1300)

Cool down:

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