

Base: Breaststroke Training

Wednesday & Thursday

Warm up:

200 Swim Choice

4 x 50 Streamline Kick (Odd Br/Even Flutter) (400)

Breaststroke Drills:

6 x 25 (Odd 2 kick-1 pull/Even Back)

6 x 25 (Odd Heel Tag/Even Back) (300)

Breaststroke Efficiency:

6 x 50 (Odd 50 Br/Fr, Even 50 Breast) R:15"

1 x 100 Ez Free (400)

6 x 25 Breast DPS (1-3 descend/4-6 ascend)

1 x 100 Ez Free (250)

4 x 50 Breaststroke DPS best baseline R:20"

1 x 100 Ez Free (300)

2 x 50 Breaststroke DPS best baseline R:15"

1 x 100 Ez Free

1 x 50 Breaststroke DPS best baseline (250)

Cool Down: 4 x 100 Free - Drill 25 + 75 Swim