

# **Base: Distance Free Special**

## **Monday & Tuesday & Friday**

### **Warm up:**

300 Swim Choice

3 x 50 Kick (no board - front)

1 x 150 Non-Free Choice (600)

### **4x thru - \*Free Drills**

4 x 25 Drill @:35 or R:30"

1 x 100 Free @ 1:30/1:45/2:00 (800)

### **2x or 1x thru:**

1 x 200 Pull (focus on EVF)

4 x 50 Free, Descend/Best Effort (800/400)

### **Cool Down:**

4 x 100 Free - Drill 25 + 75 Swim

### **\*Free Drills:**

- 1) "Glove Stroke" shoulder width catch up stroke
- 2) "Bow & Arrow" or modified shark fin
- 3) Modified "Fist" Swim - fist, Okay, middle three fingers
- 4) Paddle Drill - straight wrist, middle finger entry, high elbow, EVF