

Base: Breaststroke Training

Friday

Warm up:

200 Swim Choice

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

Breaststroke Drills:

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

4 x 25 (Odd Dolphin Kick + Br Pull/Even Back) (600)

Breaststroke Efficiency:

6 x 50 (Odd 50 Br/Fr, Even 50 Bk/Br) R:10"

1 x 100 Ez Free (400)

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

1 x 150 Ez Free (300)

4 x 50 25 Br/25 Fr Hold Pace R:15"

1 x 100 Ez Free (300)

3 x 50 25 Bk/25 Br Hold Pace R:15"

1 x 150 Ez Free (300)

2 x 50 Breaststroke Lowest DPS

1 x 100 Ez Free (200)

Cool Down: 3 x 100 Free - Drill 25 + 75 Swim