

**Focus: Breaststroke Training**    Wednesday & Thursday

**Warm up:** (800)

300 Swim Choice

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

**Breaststroke Drills:**

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

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

**Breaststroke Efficiency:**

8 x 50 (Odd 50 Br/Fr, Even 50 Breast) @1:00/1:10

1 x 100 Ez Free (500)

8 x 25 Breast DPS (1-5 descend/6-8 ascend)

1 x 100 Ez Free (300)

6 x 50 Breaststroke (200 Free Pace +2) @1:05

1 x 100 Ez Free (400)

4 x 50 Breaststroke (200 Free Pace) @1:15

1 x 100 Ez Free (300)

2 x 50 Breaststroke (200 Free Pace -1) @1:30

1 x 100 Ez Free

1 x 50 Breaststroke (200 Free Pace -2) (250)

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