

Focus: Breaststroke Training

Friday

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 Bk/Br) @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 25 Br/25 Fr (200 Free Pace +2) @1:05/1:10

1 x 100 Ez Free (400)

4 x 50 25 Bk/25 Br (200 Free Pace) @1:15/1:20

1 x 100 Ez Free (300)

2 x 50 Breaststroke (200 Free Pace -1) @1:30/1:40

1 x 100 Ez Free

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

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