

Focus: Free/Stroke - Transitions

Wednesday & Thursday

Warm up

300/200 Free Swim

300 IMO (25 Kick no-board/25 *Drill/25 Swim)

*IM Drill Choices: (LA 3Fr/4Bk, SA 3Br/2Fly),

8 x 25 Mid-Pool Turns IMO (lanes re-group) (800)

Free/Stroke Transitions:

1 x 200 Free R:15"
2/1 x 200 (150 Free + 50 Non-Free) @base +20"

1 x 200 Free R:15"
3/2 x 100 (25 Free + 75 Non-Free) @base +15"

4 x 75 R:20"
(25 Non-free + 25 Free + 25 Non-free)

1 x 200 Free R:15"
9/6 x 50 Non-Free @base +10"
1-3 Descend, 4-6 Descend, 7-9 Descend (2000/1600)

Fast Swims:

12/8 x 25 25 Fast IMO/25 Non-Free Ez (300/200)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns/Kick