

Focus: Distance Free Special

Monday & Tuesday

Warm up:

400/200 Swim Choice

4 x 50 Kick (front, side, back)

1 x 200 IM or Non-Free Choice

8/6 x 25 Odd EZ Non-Free/Even Free Fast (1000/750)

4x or 2x thru - *Free Drills

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

1 x 100 Free @ 1:30/1:45/2:00 (800/400)

2x or 1x thru:

1 x 400 Pull (focus on EVF)

4 x 50 Free, Descend/Best Effort (1200/600)

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