

**Base: Ladders->Swims->Kicks**

Monday & Tuesday

**Warm Up:** (no board or buoy)

200 Swim Choice

5 minute Vertical Flutter Kick - fwd & bkwd

4 x 50 (25 fast free + 25 Ez back) (400+)

**Drill: 2 x (4 x 50) Breaststroke & Fly**

R1: (25)-Kick "hand lead", (25)-1 pull/2 Kick

R2: (25)-Stoneskipper (25)-LA/RA/Both (400)

**100 IM's + 25's, 50's, 100's:**

1 x 100 IM - Kick R:20"

2 x 50 Fast Swim Choice R:20"

1 x 100 Ez Choice R:15"

1 x 100 IM - Kick R:20"

4 x 50 Fast Swim Choice R:20"

1 x 100 Ez Choice R:15"

1 x 100 IM - Kick R:20"

8 x 25 Fast Swim Choice R:15"

1 x 100 Ez Choice R:15" (1,100)

**1 x 200 IM Kick or Swim**