

Focus: Symmetry & Speed

Friday

Warm Up:

(400+)

200 EZ Free and Back

8 x 25 odd fast stroke/even ez free

Zig-Zag Kick- Group start and end in shallow

Drill: 2x (4 x 50) Free - w/fins

(400)

R1: Bow & Arrow, R2: Paddle or Fist Swim

First Quarter: R:20"

(800)

4 X 50 right hand paddle + fin on left foot

4 X 50 left hand paddle + fin on right foot

4 X 50 right hand paddle + fin on right

4 X 50 left hand paddle + fin on left foot

Second Quarter: R:20"

(400)

1 X 100 Paddles and Fins - lengthen stroke

1 X 100 No Paddles or Fins - Choice - DPS

1 x 100 Choice Stroke - Predict Time

1 x 100 Kick

Third Quarter: R:30"

(800)

4 x (100 IM/Stroke + 100 Free)

Fourth Quarter: Free Fins & Paddles

(400)

4 x (25 fast + 25 ez + 25 fast + 25 ez)

Cool Down:

Last 5 minutes stretch, lengthen, kick