

Focus: Speed Training

Friday

Warm Up

200 Free

4 x 50 SLOB Kick Choice

4 x 50 Breast - 25's -2 Kicks + 1 Pull/Swim DPS

200 Back Drills - 25's "Double Arm"/"Touchdown"
(800)

Kick Speed and Recovery Swim

4x 100 RIMO R:15"
25 kick+ 50 swim +25 kick

1x 200 Free: Smooth Streamline Steady Pace

6x 25 Kick: Sprint between flags @45"

1x 200 Pull "Glove Stroke" hip drive

6x 25 Kick: Sprint at flags to wall @45"

1x 200 Free Smooth Streamline, "Bubble-Free"

6x 25 Free Strong Pace @base +:10

Odd 25's Free/Even 25's Non-Free

8x 25 Choice Sprint Swim @45" (1650)

Bonus: 10 minute Continuous Swim >

Alternate > 1x 100 Non-Free + 1x 100 EZ Free

(200+)