

Focus: Maximize Streamline Distance

Monday & Tuesday

Warm Up

300 Free > every 4th 25 flip turn into backstroke

200 Pull

4 x 75 Choice: 25 kick/25 fist/25 swim (800)

Streamline & Max Distance Off Wall past flags:

2 x 300/200 Free R:15"

4 x 50 Back Kick (fins?) R:15"

2 x 250/150 Free R:15"

4 x 50 Back Kick 25 sprint/25 ez R:15"

2 x 200/100 Pull R:20"

8 x 25 Sprint Free:max streamline R:45" (1450)

Bonus: Backstroke 1 x 50 or 1 x 100 TIMED

Cool Down:

200 Free