

Focus: May the 4th be with you!

Wednesday & Thursday

Warm Up: (800)

400 EZ Free

4 x 50 Kick Mix

4 x 50 IMO - 25 Kick + 25 Swim

Bilateral breathe + no breathe into/off walls.

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" (800)

1 X 200 Paddles and Fins - lengthen stroke

1 X 200 No Paddles or Fins - Choice - DPS

1 x 200 Choice Stroke - Predict Time

1 x 200 Kick

Third Quarter: R:30" (800)

4 x (100 IM + 100 Free)

Fourth Quarter: Choice Stroke (400)

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

Cool Down: Last 10 minutes stretch & lengthen