

Focus: Stroke - Fast 75s

Wednesday & Thursday

Warm up

3 x (100 Free + 100 Back + 100 Kick) R:15" (900)

Drill: 8/4 x 50 (25 Fly or Br *Drill + 25 Free) R:15"

*Fly: Stoneskipper; RA/LA/D; "3's-2's" (3 br-2 fly)

*Br: 1-P/2-K; pull & fly kick; "3's-2's" (400/200)

4x or 2x thru:

4 x 50 Kick Choice R:15"

1 x 100 IM (Fast Back & Breast) R:10"

1 x 75 Ez Choice R:30" (1500/750)

- Rest 1 minute -

2x thru: (maintain good technique on fast 75's)

2 x 50 Fast Kick Choice R:10"

1 x 75 Non-Free Build R:15"

1 x 75 Non-Free Fast R:15"

1 x 50 Ez Choice R:30" (600)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns