

Focus: Symmetry & Speed

Monday

Warm Up:

200 EZ Free and Back

4 x 50 Kick (400)

Drill: 2x (4 x 50) Free (fins?) R1-Glove, R2 Fist (400)

First Quarter: R:10"

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 (800)

Second Quarter: R:15"

1 X 100 Paddles and Fins - DPS

1 X 100 No Paddles or Fins - Choice - DPS

1 x 200 Non-Free - Predict Time (400)

Third Quarter: R:20"

4 x (50 IM/Stroke + 50 Free) (400)

Fourth Quarter: @ 40"/45"/50"/55"

4 x 25 Free + 1 x 50 Free

3 x 25 Free + 1 x 50 Free

2 x 25 Free + 1 x 50 Free

1 x 25 Free + 1 x 50 Free (450)

Cool Down:

Last 5 minutes stretch, lengthen, kick