

Focus: Distance Kick & Pull

Tuesday & Friday

Warm up:

300/200 Swim Choice

100 Back (50 "Touchdown" + 50 Swim DPS)

200/100 Swim Choice

100 Back (50 "L" + 50 Swim DPS)

100/50 Pull

100 Back (50 "Okay" + 50 Swim DPS) (900/650)

Kick & Pull

3 x 100 (50 Kick + 50 Swim) @base +15"

2 x 100 Negative Split @base +15"

1 x 200 Pull Descend by 50's R:20"

1 x 400 (150 Steady + 50 Non-Free Fast)

1 x 200 (50 Kick + 50 Swim) (1300)

-Re-Group- (last 10-15 minutes)

1x thru:

6/4 x 50 Fast

1 x 200/100 Ez Choice

6/4 x 50 Faster (800/500)

Cool Down:

2 x (50 Free + 50 Back) - Swim, kick, pull choice