

Focus: Stroke - Transitions

Wednesday

Warm up:

300 Free

300 IM (25 Kick + 25 Drill + 25 Swim)

3 x 100 IM R:10" (900)

Free to Non-Free Transitions:

1 x 200 Free R:15"

2 x 200 (50 Free + 50 Non-Free) R:20"

1 x 200 Free R:15" (800)

3 x 100 (25 Free + 25 Non-Free) R:20"

1 x 200 Free R:15"

4 x 75 (25 Non-Free + 25 Free + 25 Non-Free) R:20"
(800)

1 x 200 Free R:15"

9 x 50 Stroke R:20"

1-3 descend

4-6 descend

7-9 descend (650)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns/Kick