

## Focus: Sprint Free & Stroke Changes

### Tuesday & Friday

#### Warm Up:

300 Swim Choice

4 x 75 (50's Free Rhythm Drill + 25's "Glove Stroke")

200 Non-Free Choice

4 x 50 Pull 25-B3/25-B5 (1000)

#### 2x or 3x thru:

1 x 75 50 "Slide Glide"/25 Swim DPS R:15"

1 x 50 Fast Swim R:20"

2 x 50 Kick Mod Fast R:15"

1 x 75 50 "Slide Glide"/25 Swim DPS R:15"

2 x 50 Fast Swim R:20"

4 x 50 Kick Mod Fast R:15" (1200/1800)

#### 2x or 4x thru: (Odd Round Fr/Even Round Non-Fr)

1 x 25 Ez @:40"

1 x 25 Ez/Fast @:40"

1 x 25 Ez @:40"

1 x 25 Fast @:40" (200/400)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull