

Focus: Non-Free - Hold Technique

Thursday

Warm up:

200 Free

200 (25 Kick/25 Back Drill*/25 Kick/25 Back Drill*)

200 Pull

200 (25 Kick/25 Br Drill*/25 Kick/25 Br Drill*) (800)

Maintain good technique on longer swims:

3 x 200 (50 Non-Free/50 Free) R:20"

1 x 100 Non-Free FAST R:30"

3 x 150 (50 non-free/50 free/50 non-free) R:20"

2 x 75 Non-Free FAST R:20"

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

2 x 50 Non-Free Fast (1700)

- Re-Group last 15-12 minutes -

2x or 1x thru:

50 (25 Back/25 Breast) @35"/45"

50 (25 Breast/25 Free) @35"/45"

50 Free @35"/45" (300/150)

Cool down:

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