

Focus: Free/Stroke - Transitions

Wednesday

Warm up

300 Free Swim

300 IMO (25 Kick no-board/25 *Drill/25 Swim)

*IM Drill Choices: (LA 3Fr/4Bk, SA 3Br/2Fly) (600)

Re-Group - Perfect Walls & Mid-Pool Flip Turns (200)

Free/Stroke Transitions:

1 x 200 Free	R:15"
2/1 x 200 (150 Free + 50 Non-Free)	@base +20"
1 x 200 Free	R:15"
3/2 x 100 (25 Free + 75 Non-Free)	@base +15"
4 x 75 (25 Non-free + 25 Free + 25 Non-free)	R:20"
1 x 200 Free	R:15"
9/6 x 50 Non-Free	@base +10"
1-3 Descend, 4-6 Descend, 7-9 Descend	(2000/1600)

Fast Swims:

12/8 x 25 25 Fast IMO/25 Non-Free Ez (300/200)

Cool down: 3 x 100 EZ Recovery