

## Focus: Distance - Long Axis

Monday

### Warm up:

400/200 Swim Choice

4 x 50 Kick NB (front, side, back)

1 x 200 IM or Non-Free Choice

### Speed Up:

8/6 x 25 Odd EZ Non-Free/Even Free Fast (1000/750)

### 4x or 2x thru - \*Long Axis Drills - see below

4 x 25 Drill @:35 or R:30"

1 x 100 Free @ 1:30/1:45/2:00 (800/400)

### 2x or 1x thru:

1 x 400 Pull (focus on EVF)

4 x 50 Free, Descend/Best Effort (1200/600)

### Cool Down:

4 x 100 Free - Drill 25 + 75 Swim

### \*Free & Back Drills (Long Axis):

- 1) "Glove Stroke" shoulder width catch up stroke (Free)
- 2) "L" or "TouchDown" (Back)
- 3) "Bow & Arrow" or modified shark fin (Free)
- 4) "6-1-6" (Free or Back)
- 5) "Triple Switch" (Free or Back)
- 6) Modified "Fist" Swim - fist, "Okay" (Free or Back)
- 7) Paddle Drill - straight wrist, middle finger entry, high elbow, EVF