

Focus: Gradual Climb

Wednesday & Thursday

Warm Up:

300/200 Swim

300/200 Kick

300/200 Pull (900/600)

Drill Set:

4x (4 x 25) R1 & R3 Fly, R2 & R4 Even Breast

1: 25 SA Streamline Kick - N/B (fins?)

2: 25 Single Arm - switch mid-pool

3: 25 Body Dolphin Flow

4: 25 Distance per Stroke or Cycle (500)

Climb:

4 x 75 DPC - Match DPC each 25 R:10"
25 Breast + 25 Fly + 25 Breast (300)

4 x 75 DPS - Match DPS each 25 R:10"
25 Back + 25 Free +25 Back (300)

3/2 x 100 @ base or R:15"
75 Free 65%, 25 (non-free) 75% (300/200)

3/2 x 100 @ base or R:15"
25 (non-free) 75%, 75 Free 65% (300/200)

Choice for Time - Best 1 x 100 FAST