

Focus: Best Efforts & EZ Recovery

Wednesday & Thursday

Warm Up:

300/200 Choice, odd 50's Free "Fingertip drag"

4 x 50 Kick (25 Ez/25 Fast)

4/2 x 75 - 25 Back/25 Breast/25 Free (800/550)

Drill: 2x (4x25) Fly Drills - (fins?)

R1: Odd 25 Ez Fly, Even 25 "Stoneskipper"

R2: Odd 25 Ez Fly, Even 25 "Angel Wings" (200)

Timed: 50 Fly (50)

Best Efforts and Ez: (1500/1050)

6/4 x 100 Odd Free/Even Stroke base +15"

1 x 200/100 EZ Recovery Kick R:60"

4/3 x 100 Odd Free/Even Stroke base +15"

1 x 100/50 EZ Recovery Kick R:60"

2 x 100 Odd Free/Even Stroke base +15"

Fast Swims: Timed 50 & 100 (300)

1 x 50 (fast) + 50 Ez Choice

1 x 100 (fast) + 100 Ez Choice

Slow Down & Focus: 200 Free "Finger Tip Drag"