

Focus: Speed Work

Friday

Warm Up:

300 Swim Choice

6 x 50 Kick (25 Fast/25 Ez-Fast)

4 x 50 (25 fast free + 25 Ez back) (800)

Drill:

3 x (4 x 25) Free - (fins?) Minimal head movement

R1: "1 Goggle in, 1 Goggle out"

R2: "Single arm pull" w/board

R3: "6-3-6" <4 cycles (300)

4x thru Speed Training:

30 second vertical flutter kick - strong and fast

1 x 25 Free Fast/Back + 1 x 25 EZ Choice (100+)

1x thru: R:15"

1x (75 Back + 25 Free) + (75 Free + 25 Back)

1x (100 Back + 50 Free) + (100 Free + 50 Back) (500)

Drill: Slow Down & Focus

2x (4 x 50) Free "finger-tip drag" - (fins?)

Odd 50: "Glove Stroke", Even 50: Paddle or Fist (400)

Timed Swim: (re-group last 5 minutes)

1 x 200 Fast Free (200)