

Focus: Maximize Streamline Distance

Friday

Warm Up

300 Free > every 4th 25 flip turn into backstroke

200 Pull

4 x 75 Kick Choice - Build (800)

Timed: Backstroke 1 x 100

Streamline & Max Distance Off Wall past flags:

2 x 300/200 Free R:15"

4 x 50 Back Kick (fins?) R:15"

2 x 250/150 Free R:15"

4 x 50 Back Kick 25 sprint/25 ez R:15"

2 x 200/100 Pull R:20"

8 x 25 Sprint Free: max streamline R:45"

(2100/1500)

Cool Down: 200 Free - Odd 25's "finger-tip drag"