

Focus: Kick for Balance & Feel the H2O

Thursday & Friday

Warm Up:

300 Swim Choice

6 x (25 Back/25 Free)

4 x 50's IM Swim or Kick (800)

Drills:

4 x 25 "Fist" Drill (EVF & hip drive)

1 x 200 Build Free (Timed?) (300)

2x or 1x thru:

3 x 100 Free descend - Paddles

1 x 300 Free Build, 2-beat kick (1200/600)

Timed: 200 Free (200)

4x thru: (#1 & #3 Free/#2 & #4 Non-Free)

1 x 25 Ez @:40"

1 x 25 Ez/Fast @:40"

1 x 25 Ez @:40"

1 x 25 Fast @:40" (400)

Cool Down: 1 x 100 "Silent" Swim -

efficiency, quality, quiet entry