

Focus: Flip Turns

Tuesday & Wednesday

Warm up:

400 Swim Choice	@8:00	
6 x 50 Kick descend 1-3, 4-6	@:50/:60/:70	
4 x 25 "Flow" Drill	@:30/:45	(800)

Re-Group: Mid-Pool Flip Turns - Momentum into>off wall, tight ball rotation, reduce drag, no breath into>off wall, don't look for wall, exhale, don't hold breath, push off streamline on back,

2x thru Flip Turns: Momentum, push off on back

4 x 50 Free/Back	@1:00/1:15/1:30	
4 x 75 Mid-Pool Free	@1:20/1:40/2:00	
4 x 50 Free NS DPS	@1:00/1:15/1:30	(1400/700)

Timed: 200 Free (200)

Bonus Set:

4x (100 Free Mod Pace + 50 Build Non-Free) (600)

Cool Down: 1 x 100 "Silent" Swim