

HAMS WORKOUT 6/20/24

Warm up

200 swim

200 kick

200 Pull

Set 1 -Drills

6x50 -Streamline off wall on back l as far as possible down, hesitation drill (look down recovery arm) back. 15 sec rest

6x50 - kick down -one arm above head one arm at side down, scull arms at hips back.

Set 2

12 x 75 15 sec rest

1- 25 blast backstroke then 50 free mod

2 - 25 free then 25 back build then 25 free

3 - 50 free then 25 back fast

4-6 - start as before, add 25 back build (so 50 back 25 free)

6-9 add third length of back (fast-ish)

10- Remove 1st length back

11- remove 2nd length back

12- 75 Free

Set 3

6 x 125 mod 20 secs rest

Evens 25 back, 75 free, 25 back

Odds 25 free, 75 back, 25 free

Cool down - double arm back and breaststroke