

Crawl With A Twist

July 3, 2024
(Wednesday)

Warm Up

200 EZ Choice + 150 Kick Choice + 200 Pull
Kick on your side for part of the kick (550)

Drills

4 x 50 Drills: Dog Paddle, Scull, Rhythm, Catch-up

4 x 25 Count Your Strokes—reduce stroke count
buy one stroke each length (300)

200 Crawl

maintain a steady pace—keep track of your time
(200)

3/5 x 200 Crawl—100 fist + 100 normal crawl
R: 20 sec (600/1000)

200 Crawl—best effort (200)

200 Pull (paddles suggested) (200)

4/6 x 50 Stroke (non-crawl) R: 20 sec
Maintain a steady pace (200/300)

Cool Down