

Focus: Middle Distance - Pull Sets

Monday & Thursday

Warm up (800)

300 Swim

8 x 25 Fast Kick @:40/:50

300 Short Axis (SA) Drill

3 x 50 25's Breast (1P+2K) + 25's Free

3 x 50 25's Fly (R/L/Double no breathe) + 25's Free

2x or 1x thru:

2 x 150 (100 Back + 50 Breast) R:15"

1 x 150 Pull R:15" (900/450)

1x thru:

1 x 100 Kick Ez (100)

2x or 1x thru:

2 x 150 Pull R:15"

1 x 150 (75 Back + 75 Breast) R:30" (900/450)

1x thru: Middle IM Drill + Swim

8 x 50 (Odd 50's Back & Even 50's Breast)

Back: 25's Hesitation Tap Drill + 25's DPS <20

Breast: 25's 2 Fly/3 Breast + 25's DPS <10 (400)

Cool down:

2 x 100 "Silent Swim"