

Focus: Distance Kick & Pull

Tuesday & Friday

Warm up:

300 Swim (odd 25's finger tip drag)

100 Back (50 "Touchdown" + 50 Swim DPS)

200 Swim (odd 25's Long Doggy Paddle)

100 Back (50 "L" + 50 Swim DPS)

4 x 25 Fast SLOB Kick @:40/:50

100 Back (50 "Okay" + 50 Swim DPS) (900)

-Re-Group-

15 minute Swim - How far can you go?:

6/4 x 50 Fast Choice @base +:10"

1 x 200 Ez Choice

6/4 x 50 Faster Choice @base +:20" (800+/500+)

Kick & Pull

3 x 100 (50 Kick + 50 Swim) @base +15"

2 x 100 (NF DPS + 50 NF Fast) @base +15"

1 x 200 Pull Descend by 50's R:20"

2 x 100 (50 NF DPS + 50 NF Fast)

3 x 100 (50 Kick + 50 Swim) (1200)

Cool Down: 2 x (50 Free + 50 Back) "Silent Swim"