

Focus: Ladders & Fast Swims

Tuesday

Warm Up:

300 Swim (3rd 25 long doggy paddle)

4 x 50 Kick Choice R:10"

6 x 50 (25 Fast Free + 25 Ez Fly) @:40 (800)

Drill: 2 x (4 x 50) R1:Breaststroke, R2:Back

R1: (25) "1 pull/2 kick" (25) "hand lead" kick

R2: (25) "Hesitation Tap" (25) Back DPS (400)

100 IM's + DPS 25's, 50's, 100's:

2 x 100 IM - Kick R:20"

2 x 100 DPS Free R:20"

1 x 100 Ez Choice R:15" (2,000)

2 x 100 IM - Swim R:20"

4 x 50 DPS Free R:20"

1 x 100 Ez Choice R:15" (1,500)

2 x 100 IM - Kick R:20"

8 x 25 DPS Free R:15"

1 x 100 Ez Choice R:15" (1,000)

2 x 100 IM - Swim R:20"

4 x 50 "GOLF" R:15"

1 x 100 Ez Choice R:15"

1 x 200 IM/Free - Relay?