

Focus: Catch and Streamline

Monday

Warm up:

300 Swim Choice

100 (12.5 "Tarzan", 12.5 "10-2" Swim) R:10"

8 x 25 Fast Swim @:45/:50

100 (50 Long Doggy Paddle + 50 DPS) R:10"

4 x 25 Fast Swim @:40/:45 (800)

Re-group: Walls> Streamline and Breakout

Kick & Pull

6 x 50 - Flutter Kick "Canoe Arms" (CS,CS,CSCS)

4 x 50 - 25 Windshield Wiper/25 Back Scull

1 x 200 Pull Descend by 50's R:20" (700)

2x or 1x thru:

50 (12.5 "Tarzan", 12.5 "10-2" Swim) R:10"

6 x 25 Fast Swim @:40/:45

50 (50 Long Doggy Paddle + 50 DPS) R:10"

4 x 25 Fast Swim @:35/:40

4 x 50's Fast Odds IMO + Evens Free (1100/550)

Timed 200's

2/1 x 200 (150 Steady + 50 Fast) (400/200)