

Goal: Butterfly drills & IM

Wednesday & Thursday (12/18 & 12/19)

Warmup

300 Swim: 100 Free, 100 non-Free, 100 Free

8 x 25 Kick: Odds Fly, Even Free @:30 / :40 / :50

4 x 50 Pull: R:15s

8 x 25 Drill:

1 - 4: Kickboard Fly Scull

5 - 8: Bob Marley Fly (3 kick, 1 pull, keep it *chill*)

(900)

Main Set 1

(1 / 2)x Repeat

4 x 25: Fly R:15s

4 x 50: 25 Non-Free, 25 Free R:15s

4 x 75: IM, no Free R:15s

4 x 100: Choice R:15s

(1000 / 2000)

Bonus IM Pyramid (steady): (1/2)x Repeat

1 x 25 Fly

1 x 50 Fly/Bk

1 x 75 Fly/Bk/Br

1 x 100 IM

1 x 75 Bk/Br/Fr

1 x 50 Br/Fr

1 x 25 Fr

(400 / 800)

Cooldown

3 x 50 "Silent Swim"

(150)