

# Goal: Breaststroke Drills & Free/Br Volume

## Wednesday & Thursday (1/8 & 1/9)

### Warmup

200 Swim

100 Kick, at least 50 Br

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100 Kick, at least 50 Br

200 Pull

6 x 50 Drill:

1 - 3: Fly/Br alternating kick

4 - 6: 25 heads-up Br, 25 pull-kick-glide Br (1100)

### Main Set

10 x 100 @ 1:45 / 2:00 / 2:15

Odds: 50 Br, 50 choice

Evens: Free (1000)

5 x 200 R: 20s

1 - 150 Free (steady), 50 Br (fast)

2 - 100 Free (steady), 100 Br (fast)

3 - 50 Free (steady), 150 Br (fast)

4 - 200 Free (steady)

5 - 100 Free (fast), 100 Br (fast) (1000)

### Cooldown

2 x 100 "Silent Swim" (200)