

Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice

(300)

Drill Set: Butterfly Turns (200 yards)

Center of the pool, doing 25's in and out of the wall

Focus on two-hand touch

Keep low. Poke your brother, call your mother.

Do idk like 6-8 of them thanks.

(500)

Main Set 1 "Glow-ups" (2600 yards)

Find a strong pace, then keep it for longer and longer distances.

(2x through)

– **4x50s** Strong Freestyle on :55/1:05/1:15

- Get an average time from these 50's!

– **2x100s** Fast Freestyle on 1:30/1:40/1:50

- Try and get faster than your average 50s time X2!

– **4x100s** Strong Freestyle on 1:45/1:55/2:05

- Get an average time from these 100's!

–**2x200s** Fast Freestyle

- Try and get faster than your average 100s time X2!

–**1x100 EZ**

(3100)