

Focus: Efficient Turns - Turn Master Workout

Friday

Open Turns - Fly and Breast

Two hand touch > elbow & poke your brother >
call your mother > Streamline > push off wall

Warm Up:

300 Swim (50 Free/50 Back)

4 x 50 Breast Kick 25 DPS/25 Fast

4 x 50 (25 fast free + 25 Fly DPS) (700)

Transition Drill:

6 x 50 Transition IM

2x thru: 1) Fly>Back, 2) Back>Br, 3) Br>Free

4 x 75 Mid-Pool IM

12.5 Fly/25 Bk/25 Br/12.5 Fr (600)

2x thru:

4 x 100 IM R:15"

2 x 50 Fly R:10"

2 x 50 Br R:10"

1 x 100 Free (1400)

Bonus:

4 x 100 - Consistent Pacing @base + 15"

Odd 100 IM/Even 100 Free (400)