

Goal: Fly Kick & Walls

Wednesday & Thursday (3/26 & 3/27)

Warmup

200 Swim

8 x 25 Kick, R: 5s

 Evens - Fly Kick

 Odds - Choice

10 x 25 Drill: R: 10s

 1 - 5: Fly Scull & Kickboard balance

 6 - 10: Bob Marley Fly

6 x 50 Freestyle Pull, R: 10s

(950)

Main Set

(Repeat 2/3x, R:15s between each interval)

Challenge 1: build to a 200 IM, drop fly going down;

Challenge 1a: build to a reverse 200 IM, add fly going down;

Challenge 2: freestyle, two butterfly kicks off every wall;

Challenge 2a: freestyle, two butterfly kicks & two no-breath strokes off every wall

1 x 50

1 x 100

1 x 150

1 x 200

1 x 150

1 x 100

1 x 50

(1600/2400)

Cooldown

4 x 50: Silent Swim

(200)