

# Goal: Fly Kick & Walls

## Wednesday & Thursday (3/5 & 3/6)

### 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)