

## Focus: Speed Work

Friday

### Warm Up:

300 Swim Choice

6 x 50 Kick (25 Fast/25 Ez-Fast)

4 x 50 (25 fast free + 25 Ez back) (800)

### Drill:

3 x (4 x 25) Free - (fins?) Minimal head movement

R1: "Top Hat" (paddle on head)

R2: Underwater Free - fins

R3: "12-3-12" <4 cycles/25 (300)

### Speed Training 4x thru:

30 second vertical flutter kick - strong and fast

1 x 25 Free Fast/Back + 1 x 25 EZ Choice (200+)

### 1x or 2x thru:

**R:15"**

1x (75 Back + 25 Fr) + (75 Free + 25 Back)

1x (100 Back + 50 Fr) + (100 Fr + 50 Back) (1000/500)

### Drill: Slow Down & Focus

**R:15"**

2x (4 x 50) Back — (fins?) Minimal head movement

Odd 50: Single Arm (arm along side),

Even 50: Paddle or Fist (400)

### Timed Swim: (re-group last 5 minutes)