

Friday 5/9
Noon

Focus: IM Steady Pace and Good Technique

300/200 Swim Choice

200/100 IM (25 Kick + 25 Drill)

100 Swim Choice

3 x 50 (Fl/Bk, Bk/Br, Br/Fr) (750/550)

Fly drills: Stoneskipper, 25's RA/LA/Double,
Angel Wings, Body dolphin

(Tuesday - Mini Swim Meet - 50's & 100's)

IM Steady Pace:

2 x 100 IM	R:20"
1 x 300/200 Fr	R:15"
3 x 100 IM	R:20"
1 x 200/100 Free	R:15"
3 x 100 IM - perfect turns	R:20"
1 x 400/300 Free	R:15"
4 x 100 IM	R:20"
1 x 300/200 Free	(2400/2000)