

# Goal: Weird Drills Part I (Have Fun With It!)

Tuesday & Wednesday (5/20 & 5/21)

## Warmup

200 Swim

8 x 25 Fast Kick @ :30 / :35 / :40

8 x 25 *Weird Drills*:

1-4: Fly Rainbow (*jump up, swan dive down, 3 kicks, 1 pull*)

5-6: Bk: 1-arm with legs crossed (*pull side = top leg*)

(600)

## Transition Drills

8 x 25 Fly/Back

(200)

## Main Set

Repeat 2/3/4x:

1 x 250 Freestyle,

*R: 20s*

4 x 75 Fly/Back/Breast,

*R: 15s*

4 x 50 Freestyle Descend

@ :45 / :50 / :55 / 1:00

4 x 25 IMO FAST

*R: 15s*

50 EZ, active recovery

(900 / 1800 / 2700)

## Cooldown

4 x 50 Silent Freestyle

(200)