

Goal: Weird Drills Part II (More Fun!)

Thursday & Friday (5/22 & 5/23)

Warmup

200 Swim

8 x 25 kick @ :30 / :35 / :40

8 x 25 *Weird Drills*:

5-6: Br: No-hands stroke (*keep hands by side the entire time*)

7-8: Free: Backwards (*feet pointing in the direction you're moving*)
(600)

Transition Drills

8 x 25 Back/Breast (200)

Main Set

Repeat 2/3/4x:

1 x 250 Freestyle,

R: 20s

4 x 75 Back/Breast/Free

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)