

Focus: Distance Kick & Pull

Monday

Warm up:

200 Swim Choice - stream line off walls

4 x (25 Free/25 Back)

4 x (25 Back/25 Free) (600)

IMO Drills:

4 x 25 Back "L" side kick

4 x 25 Breast - 1P+2K

4 x 50 25 Back "L" + 25 Br 1P+2K (400)

Kick & Pull: NF: Back and Breast

3 x 100 NF (50 Kick + 50 Swim) @base +15"

2 x 100 (50 Back + 50 Breast) @base +15"

1 x 300 Pull - Paddles R:20"

2 x (150 Steady Free + 50 Fast NF) R:20"

3 x 100 Free Build, 2-beat kick (1500)

Building IMO Stamina

1 x 200 Ez Choice (middle 25 Br Kick)

8 x 50's Odds Free + Evens Fast Bk/Br (600)

Cool Down: 3 x 100 "Silent Swim"