

# Goal: Experimental Butterfly Drills & Consistent Swim

## Wednesday & Thursday (8/6 & 8/7)

### Warmup

200 Swim

4 x 50 kick @ 1:00 / 1:10 / 1:20

4 x 50 pull

10 x 25 drills:

1 - 4: Fist Drill, Freestyle

5 - 6: 2/2/2 Fly

7 - 10: One-kick Fly

(850)

### Main Set

*Rest ~30s between intervals; keep a steady, consistent effort*

1 x 200 Freestyle

1 x 100 Non-Free

1 x 300 Free

1 x 200 Non-Free

1 x 400 Free

1 x 300 Non-Free

... and so on (increase each free/non-free pattern by 100 each time)

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### Cooldown

4 x 50 Kick

(200)