

Breaststroke Training

Wednesday & Thursday

Warm up:

300 Swim Choice

6 x 50 Streamline Kick (Odd Br/Even Flutter) (600)

Breaststroke Drills:

6 x 25 (Odd 2-3 kick + 1 pull/Even Back)

6 x 25 (Odd Flutter Kick w/Br Pull/Even Back)

6 x 25 (Odd Dolphin Kick w/Br Pull/Even Back) (450)

Countdown Challenge:

8 x 25 Breaststroke (200)

Breaststroke Efficiency:

6 x 50 (Odd 25 Br/25 Fr, Even 50 Breast) R:15"

1 x 100 Ez Free (400)

6 x 25 Breast DPS (1-3 descend/4-6 ascend)

1 x 100 Ez Free (250)

4 x 50 Middle IM - perfect transitions R:20"

1 x 100 Ez Free (300)

2 x 50 Breaststroke DPS best baseline R:15"

1 x 100 Ez Free

1 x 50 Breaststroke DPS best baseline (250)

Cool Down: 4 x 100 Free (25 Finger-tip + 75 Swim)