

Transformers

Wednesday

Warm Up:

200 Swim

200 Kick

4 x 50 (25 Fast Free + 25 Fly DPS <10) (600)

Drill: 2 x (3 x 50) R1:Breaststroke, R2:Back

R1: 3 x 50: (25) "Hand Lead" (25) "1 P/2 K"

R2: 3 x 50: (25) "Log Roll" (25) "Shoulder Tap" (300)

2x thru - Transformers:

100 Free + 25 Fly	R:15"	
75 Bk + Br + Free	R:15"	(200)

100 Free + 25 Bk	R:15"	
75 Br + Free + Fly	R:15"	(200)

100 Free + 25 Br	R:15"	
75 Free + Fly + Bk	R:15"	(200)

100 Free + 25 Free	R:15"	
75 Fly + Bk + Br	R:15"	(200)

200 Pull or Kick mix	R:15"	(200)
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Cool Down: 200 Ez "Silent Swim"