

## Establish Pull Phases

Wednesday

### Warm Up:

4 x 75 (50 swim + 25 horizontal scull) (300)

**3x thru:** Drill Set start at shallow end

Standing scull drill :40 RI:20"

4 x 25 SA w/Board R:15" (100)

**High Elbow Catch - Anchor - Finish:** RI: 20"

6 x 200 (50 SA w/board + 150 Swim) 70-75%

1-2 High-elbow catch

3-4 Anchor

5-6 Finish (1200)

### Kick:

6 x 50 (25 100% + 25 60-65%) RI:10"-20" (300)

**Bonus:** 6 x 100 70-75% RI:05-:15

Odds: 50 "Tarzan" + 50 Long dog paddle

Evens: 100 Pull (600)

**Cool Down:** 4 x 50 "Silent Swim" (2300/2800)