

Flip Turn Speed

Tuesday and Wednesday

Warm Up:

1 x 300 Swim Choice (300)

3x/2x thru: RI:10"

200: 50 kick/50 swim/50 drill/50 swim

4 x 50 Free, descend 1-4 (ez>fast) (600/400)

1x thru Fast Free Flip Turns:

4 x Mid-Pool fast turns R:15"

1 x 200 Pull @2:45/3:00/3:30

4 x 25 Drill: 4 strokes > flip, tight tuck R:15"

1 x 200 Pull B2/B3/B2 @2:45/3:00/3:30

4 x 25 Free, fast turn at wall: No push off R:15"

1 x 200 Pull @2:45/3:00/3:30

4 x 50 Fast 10 yd into - out of wall @:45/1:00/1:15

1 x 200 Pull B2/B3/B2 @2:45/3:00/3:30
(1300)

Bonus Set: 1x or 2x thru:

1 x 300 Free w/paddles, every other turn fast

6 x 50 Kick 25 Ez/25 Fast @1:00/1:15/1:30

3 x 100 Free Build, fast turns @1:20/1:40/1:50
(900/1800)

Cool Down: 300 EZ