

High Elbow & Strong Kick

Monday

Warm Up:

RI: 15"-25"

3 x 150 (50 Swim/25 Scull/50 Swim/25 SLOB kick)
(450)

Drill - 2x thru:

RI: 15"-30"

4 x 50 (70-75%)
50 R-SA w/Board
50 L-SA w/Board
50 SA w/Board (25 R-SA + 25 L-SA)
50 Swim w/high elbow catch (400)

2x thru:

4 x 75 Free (80-85%) @1:00/1:15/1:30/1:45
2 x 50 (60-65%) @1:00/1:15/1:30/1:45
(25 "Tarzan" drill/25 Ez)
4 x 25 Kick (90-95%) @:40/:50/:60
1 x 100 Ez RI: 60" (1200)

Bonus:

6 x 100 Pull @1:50/2:00/2:20
(25 Catch up (70-75%) + 75 Build (90-95%) (600)

Cool Down: 200 Ez