

Catch and Turns

Wednesday

Warm Up: (800)

300 Swim Choice (odd 25's finger tip drag)

6 x 50 Kick (25 Fast/25 Ez-Fast)

4 x 50 (25 Fast Free + 25 NF) (800)

Catch Drill, 2x thru: (800)

100 4 strokes free + 3 doggy paddle

100 Kick, build

4 x 50 Free Descend 1-4 (1600)

1x thru: (300)

300 Free swim w/paddles, fast turns (1900)

2x thru, Fast finish + turns (1000)

4 x 25 Free fast finish + turn at wall-no push off

200 Kick, Build back 100

4 x 25 Free fast finish + turn at wall-no push off

100 Free Ez (2900)

Bonus Choices:

1) Bonus: Pacing (400)

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 NF choice (3300)

2) Bonus: Slow down and focus: (400/200)

2x/1x (4x 50) Free "finger-tip drag"

Odd 50: "Glove Stroke", Even 50 Fist (3300/3100)