

Fly Kick & Walls

“Yay” Fly-day

Warmup (950)

200 Swim

8 x 25 Kick, R: 5”

Evens - Body Dolphin - slide w/hand lead

Odds - Hand Lead Breast kick

10 x 25 Drill: R: 10”

1 - 5: “Angel Wings” w/flutter kick (breath w/arms along side)

6 - 10: “Stoneskipper”

6 x 50 Freestyle Pull R: 10s (950)

Main Set (1600/2400)

(Repeat 2/3x, R:15s between each interval)

Challenge 1: build to a 200 IM, drop fly going down;

Challenge 1a: build to a reverse 200 IM, add fly going down;

Challenge 2: freestyle, two butterfly kicks off every wall;

Challenge 2a: freestyle, two butterfly kicks & two no-breath strokes off every wall

1 x 50

1 x 100

1 x 150

1 x 200

1 x 150

1 x 100

1 x 50

(2500/3350)

Cooldown

4 x 50: Silent Swim

(2700/3550)