

## Streamline and Tension Line

“Yay” Friday

### Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice (300)

### Drill Set “Keeping in-line with the body” (450 yards)

(3x through)

- **1x50** “10 and 2” drill
- **1x50** 1 hand, kickboard in front
- **1x50** DPS (750)

### Main Set 1 (1000 yards)

(2x through)

<b>1 x 100</b>	75 free, 25 fly	@1:45/1:55/2:05	
<b>1 x 100</b>	75 free, 25 back	@1:45/1:55/2:05	
<b>1 x 100</b>	75 free, 25 breast	@1:45/1:55/2:05	
<b>1 x 100</b>	Free, FAST	@1:45/1:55/2:05	
<b>1 x 100</b>	100 Pull	@1:45/1:55/2:05	(1750)

### Main Set 2 (1400 yards)

(2x through)

**5 x 50s** Start at 1:00/1:05/1:10, minus :05 for each subsequent 50.

**4 x 50s** Start at :55/1:00/1:05, minus :05 for each subsequent 50.

**3 x 50s** Start at :50/:55/1:00, minus :05 for each subsequent 50.

**2 x 50s TIMED 60 second rest** (3150)

Cooldown: 50 ez (3200)