

Strengthen Free with Fly

Wednesday & Thursday

Warm Up:

5x/3x 200 Focused streamlines off walls

(600/1000)

Strong and Flying:

5 x 100 Strong (80%-85%) @base + :05"-:10"

6/4 x 150 (70%-75%) @base + :15"-:20"

100 Free/50 Fly - or - 125 Free/25 Fly

11/8/6 x 100 (70%-75%) @base + :10"-15"

25 Fly/50 Free/25 Fly - or - 25 Fly/50 Free/25 NF

(2500/1900/1700)

Cool-Down: 500/250 EZ and Playful

25 or 50 underwater push off bottom, with one leg, with slow relaxed breaststroke pullout, surface for breath, then go back under, repeat