

Catch - First Quarter of Stroke

Wednesday

Warm Up: (750) R:10"

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

2 x 75 Kick (25 Fast/25 Ez-Fast)

4 x 50 Drill: (Odd: 6-3-6, Even: Catch-up)

8 x 25 Free Descend 1-4, 5-8

1x thru (1350) R:15"

2 x 25 Front Scull "small figure-8s" at hand entry

4 x 50 Free, descend 1-4

2 x 25 Front Scull "small figure-8s" at hand entry

2 x 200 Swim w/paddles

2 x 25 Front Scull "small figure-8s" at hand entry

4 x 50 Free, descend 1-4, 4th FAST

2 x 200 Swim w/paddles (2100)

1x or 2x thru (500/1000) R:20"

100 Kick (hand lead Breaststroke)

2 x 25 Front Scull "small figure-8s" at hand entry

4 x 25 Breaststroke - DPS <10

2 x 25 Breaststroke Pull w/dolphin kick

4 x 50 Breaststroke, descend DPS (2600/3100)

1) Bonus: Pacing (600/400)

6/4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 NF choice (3700/3500)