

# Catch and Turns

Tuesday

## Warm Up: (800)

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

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

8 x 50 (Odd: 4 strokes + 3 doggy paddle, Even: build)

(900)

## 1x thru: (300)

300 Free swim w/paddles, fast turns

(1200)

## 2x thru, Fast finish + Turns (1200)

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

200 Free swim/paddles, fast turns

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

200 Swim, Build back 100

(2400)

## Fast Turns: (400) R:30"

100 Free + 75 Free + 50 Free > fast 5 yd in and out

50 Free Fast

125 Free Recovery

(2800)

## Bonus Choices:

### 1) Bonus: Pacing (600/400)

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

Odd 100 Free/Even 100 NF choice

(3400/3200)

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

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

Odd 50: "Glove Stroke", Even 50 Fist

(3200/3000)