

Catch and Turns

Monday & Thursday

Warm Up: (900)

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)

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)