

## **Fly Building and Pacing**

## **“Yay” Fly-day**

### **Warm-Up (300 yards)**

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

### **Drill Set “Working up to a 50 fly” (300 yards)**

**(2X through)**

- **1x50** ‘10 and 2’ arms with Dolphin Kick
- **2x50** Stoneskipper
- **2x50** EZ Fly
- **1x50** Full Fly (600)

### **Main Set 1: Pacing a 200 (1200 yards)**

**(1st round free, 2nd round IM)**

- **4x50s**, R:05 between 50s  
The whole 200 is on 3:00/3:15/3:30, subtract :15 sec to get your 200 interval
- **2x100s**, R:10 between 100s  
The whole 200 is on 3:00/3:15/3:30, subtract :10 sec to get your 200 interval
- **1x200** TIMED (1800)

### **Main Set 2: Locomotion Ladder (1500 yards)**

- 1x50 Locomotion on :50/:55/1:00
- 1x150 Locomotion on 2:15/2:30/2:45
- 1x300 Locomotion on 4:30/4:45/5:00
- 1x500 Locomotion on 7:30/8:00/8:30
- 1x300 Locomotion on 4:30/4:45/5:0
- 1x150 Locomotion on 2:15/2:30/2:45
- 1x50 Locomotion on :50/:55/1:00 (3300)