

Speed Work & Turns

Wednesday

Warm Up:

300 Swim Choice

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

4 x 50 (25 Fast Free + 25 Back DPS) [800]

Drill: (300)

3 x (4 x 25) Free - Minimal head movement (fins?)

R1: 4 Full Free Stroke + 3 long doggy paddle

R2: "Catch-Up"

R3: "6-3-6" <4 cycles/25 [1100]

Speed Training 4x thru: (200+)

30 second vertical flutter kick - strong and fast

1 x 25 Free Fast/Back + 1 x 25 EZ Choice [1300+]

Perfect Turns 1x or 2x thru: (1000/500) **R:15"**

1x (75 Back + 100 Free + 25 Back)

1x (100 Back + 150 Free+ 50 Back) [1800/2300]

Drill: Slow Down & Focus (400) **R:15"**

2x (4 x 50) Back — (fins?) Minimal head movement

Odd 50: Single Arm (arm along side),

Even 50: 25 Fist/25 DPS [2200/2700]

Cool Down: 3 x 100 "Silent Swim" [3000/2500]