

Rhythm & Endurance

“Mani” and “Tyr” Day

Warmup (800)

300 Swim

8 x 25 Body Dolphin Kick, R: 5”-10”

Even 25 - Head Lead / Odds 25- Hand Lead

300 Pull - catch up drill odd 50’s

Re-Group - MidPool (300+)

12 x (Butterfly Pull Bottom Jumps)

12 x 25 Extension Drills: R:10”-15”

1-4: Fly pull w/flutter kick

5-8: Pull Surf Drill (Stone-skipper)

9-12: EZ Fly (2-4 full fly finish length w/free) (1100)

Endurance & Holding Rhythm (1800/900)

R:15s between each Fly set and Stroke Set

6x or 3x (4 x 25 Fly/Fly Drill + 200 Free or Back) (2900/2000)

Bonus Options: 4x thru:

1) 50 Free Fast R:30-40” + (4 x 25 Fly DPS) R:10-15” (600)

2) (4 x Fly DPS/EZ Fly) + 50 Free Fast R 30-40” (600)

Cooldown

300: Silent Swim (3800/2900)