

Fly Training

Wednesday & Thursday

Warmup:

(600)

300 Free (Even 25's Long Doggy Paddle)

150 Pull (descend DPS) (paddles?)

6 x 25 Fast Kicks @:40/:50

Fly Pre-Set:

(600)

4 x (50 Drill* + 25 Swim), pick 2 of 3 drills

Drill*: "1-1-1" "Fly w/flutter kick" "StoneSkipper"

6x [50's (Fly/Bk, Bk/Br, Br/Fr)] seamless transitions

Fly and Stroke Training:

(2000)

2 x 50 Free :40/:50/:60

2 x 50 or 25 Fly/NF :50/:60/:70

4 x 50 Free :40/:50/:60

4 x 50 or 25 Fly/NF :50/:60/:70

6 x 50 Free :40/:50/:60

6 x 50 or 25 Fly/NF :50/:60/:70

8 x 50 Free :40/:50/:60

8 x 50 or 25 Fly/NF :50/:60/:70

Cool Down: 200 "Silent Swim"