

Breaststroke Training

Tuesday Efficiency

Warm up: (900)

300 Swim Choice (every 3rd 25 Fingertip drag/Catch-up)

6 x 50 Streamline Kick (Odd Br/Even Flutter)

300 Pull (every 3rd 25 Fingertip drag/Catch-up) (900)

Breaststroke Drills: (450)

6 x 25 (Odd 2-3 kick + 1 pull/Even Back)

6 x 25 (Odd Flutter Kick w/Br Pull/Even Back)

6 x 25 (Odd Dolphin Kick w/Br Pull/Even Back) (1350)

Breaststroke Countdown Challenge: (200)

8 x 25 (Base DPS, drop 1 2-4, then add 1 4-8) (1550)

Breaststroke Efficiency: (1200)

6 x 50 (Odd 25 Br/25 Fr, Even 50 Breast) R:15"

1 x 100 Ez Free (1950)

6 x 25 Breast DPS (1-3 descend/4-6 ascend)

1 x 100 Ez Free (2200)

4 x 50 Middle IM - perfect transitions R:20"

1 x 100 Ez Free (2500)

2 x 50 Breaststroke DPS best baseline R:15"

1 x 100 Ez Free

1 x 50 Breaststroke DPS best baseline (2750)

Cool Down: 4 x 100 Free (25 Finger-tip + 75 Swim)