

Streamline

(3000/2250)

Monday Catch Drills

Warm up: (600)

200 Swim Choice

100 (12.5 "Tarzan", 12.5 "10-2" Swim) R:10"

4 x 25 Fast Swim @:45/:50

100 (50 Long Doggy Paddle + 50 DPS) R:10"

4 x 25 Fast Swim @:40/:45 (600)

Kick & Pull: (700)

6 x 50 - Back Kick "Canoe Arms"

4 x 50 - 25 Windshield Wiper/25 Back Scull

1 x 200 Pull Descend by 50's R:20" (1500)

2x or 1x thru: (1000/500)

50 (12.5 "Tarzan", 12.5 "10-2" Swim) R:10"

4 x 25 Fast Swim @:40/:45

50 (25 Long Doggy Paddle + 25 DPS) R:10"

4 x 25 Fast Swim @:35/:40

4 x 50's Fast Odds IMO + Evens Free (2500/2000)

Timed 200's (400/200)

4 x 50: "CBAR"

50 Control + 50 Build + 50 Attack + 50 Race

1 x 200 (150 Steady + 50 Fast) (2900/2200)