

Focus: Maintain Speed, Technique

Thursday

Warm Up:

200 Swim

200 Pull

3 minutes vertical kick - IMO

200 Back (600+)

4 x (4 x 25)

Swim & Streamline Kick > mid-pool & fast feet

25 - free, 25 - underwater flutter kick

25 - back, 25 - underwater dolphin kick (400)

8 x 100 @ base +:10 or R:15

Odd 100's Free, Even 100's IM

Minimal breathes last 25 of every 100 (800)

8 x 50 @ base +:10 or R:10

Underwater flip turn at the wall (400)

2x thru: (fins optional) @ base +:15

Sprint strokes, excellent catch-pull-finish

4 x 25 butterfly (2nd rd Breaststroke)

1 x 25 EZ

4 x 25 Backstroke (2nd rd Free)

1 x 25 EZ Choice (500)