10/19

Talk Keller

Dynamics

WU

2x

4x100 @ 1:30 25 flutter kick streamline on back 25 swim 25 head lead dolphin 25 swim

6x50 @ :50 25 5 UW kicks off wall 25 10 stroke MAX

8x25 @ : 30 5 whale to dolphin kicks to 2 cycles FAST breakout

Speed set:

100 @ 1:30 4 strokes fly free rest of 25 every 25 – Perfect Stroke Fly!

8x25 @ :45 from mid pool dead start into FAST turn minimum 5-7 UW into FAST breakout! – with partner each do 4 Coach each other up!

8x15 @ :45 Dead Start flags to flags! 4 free 4 choice! – with partner alternated each person does 4 get time flags to flags

Monday PM Set!:

200 Kick @ 3:05/3:15/3:25/3:25

200 Kick @ 3:00/3:10/3:20/3:30

200 Kick @ 2:55/3:05/3:15/3:25

8x25 FAST Choice kick @ :30

1 min rest

9x100 Indiana IM @ 1:15/1:20/1:25/1:30

4x50 @ 1:10 Odds 10 stroke MAX evens @ 200 pace

200 Kick @ 3:00/3:10/3:20/3:30

200 Kick @ 2:55/3:05/3:15/3:25

200 Kick @ 2:50/3:00/3:10/3:20

4x50 FAST choice kick @ 1:00

1min rest

8x125 Free @ 1:25/1:35/1:45/1:55

4@50 @ 1:10 1-loosen, 2@200 pace 2@200 pace -1

200 Kick @ 2:55/3:05/3:15/3:20

200 Kick @ 2:50/3:00/3:10/3:15

200 Kick @ 2:45/2:55/3:05/3:10

8x25 FAST choice Kick @ :30

1 min rest

4x75 @ 1:30 Odds 10 stroke MAX evens @ 200 pace!

Warmdown!