10/20

WU

600 @ 9:00 50 kick 50 back 50 4 strokes fly off each wall

8x50 @ :45 25 Build 25 FAST Breakout perfect stroke to wall

8x15 @ :45 Flags to Flags dead start ALL our 4 free 4 no free

Stations:

Pulleys:

4x50 @ 1:10 @ 200 Tempo Free

2x50 @ 1:10 @ 200 pace no pulleys

4x50 @ 1:10 @ 100 tempo Free

4x25 @ :40 @ 100 tempo and pace

Kick

All with small board

4x25 @ :45 UWDK w/fins FAST

8x50 @ :45 Flutter with fins

4x75 @ 1:10 flutter or dolphin with 3-5 UWK off each wall

Leg engagement with sensation: All Free

With wiffle balls

2x50 @ :55

2x50 @ :50

2x50 @ :45

2x50 @ :40

2x50 @ :35

1min rest put paddles on 12 stroke MAX

2x50 @ :35

2x50 @ :40

2x50 @ :45

2x50 @ :50

2x50 @ :55

Post Station work:

3x

4x50 @ :50 minimum 4 perfect strokes off each wall

2x100 @ 1:30 Back 25 double arm, 25 2R-2L 50 swim – 3-5 UWK off each wall

200 @ 3:30 – breast with flips 50 3K1P 50 2 count glide

8x50 @ 1:00 400 IM order odds @ 85-90% evens FAST

100 @ 1:50 choice loosen

Warmdown- Coach Kyle’s choice!