Monday April 4th 2022

Dynamics

WU:

10x50 @ 1:00 from 10 wall kicks flip into 7 UWDK before breakout

400 @ 6:00 with snorkel and paddles

Fins on

10x50 @ 1:00 from 10 wall kicks dip into 9 UWDK before breakout free or back swim swim

400 @ 5:00 with snorkel and paddles

4x200 @ 3:00 100 streamline flutter on back 100 free swim

8x50 @ :50 odds popov evens free long strokes w/ a focus on quick breath

4x150 @ 2:00 free swim 3/5/7 breathing by 50 may use paddles

8x100 @ 1:45 50 dolphin streamline on back 50 back swim

2x200 @ 3:00 50 back swim 50 free swim

8x50 odds fly @ 1:00 evens back @ :45

Loosen:

300 @ 4:30 breathe 5

3x100 @ 1:30 breathe 7

6x50 @ :50 3 breaths per 50