Tuesday April 5, 2022

Dynamics

WU:

600 @ LSO, 25 scull, 50 kick , 75 loosen

Fins on:

6x100 @ 1:30 50 kick 50 build

Fins off:

Paddles on

3x200 @ 3:00 descend 50s within 200

Paddles off

2x300 @ 5:00 IM k/d/build by 25

Post station work, but before the station work

2x

150 @ 2:20 kick with fins and paddle in streamline

50 @ 1:00 surf kick squeeze paddle with fins

100 @ 1:20 breathe 7 and 24 stroke max with paddles

4x50 @ 1:10 200 pace or faster no equipment

Stroke work

6x50 @ 1:00 stroke specific kick(side and kick)

4x25 @ :45 stroke specific pull

6x50 @ 1:00 odd build even FAST stroke specific

500 @ 7:00 free with a snorkel

12x25 @ :45 odds FAST stroke specific from blocks evens stroke specific drill

Power: speed rotation

3x

3x50 @ 1:20 pulleys

4x50 @ 1:00 FAST/200 pace/ 200 pace -1

4x50 @ 1:00 smooth

Round 1 kick

Round 2 Free

Round 3 choice

10 downward dog to opposite knee each leg

200 @ 3:15 50 kick 50 swim

2x100 @ 1:30 10 stroke and 2 breath max

4x50 @ :50 25 kick on back 25

10 swoop crunch (flat T to ankle touch crunch up)

300 @ 4:30 50 kick 50 swim

2x150 @ 2:00 5-7 UWDK then back swim

4x50 @ :50 kick with board descend 1-4

10 each led plank leg lift

400 @ 6:00 50 kick 50 swim

2x200 @ 3:00 10 stroke max and breathe 5

4x50 @ :50 FAST kick

Loosen

6x100 @ 1:30 ascend 1-3 drill 4-6