4/6

Dynamics:

From tuck alt R/L sweeting kick

2x50 @ 1:00 streamline flutter on back

1x50 @ 1:00 streamline 360 flutter

1x50 @ 1:00 RA lead 25 opposite hand at side 25 opposite hand to sky

1x50 @ 1:00 LA lead 25 opposite hand at side 25 opposite hand to sky

50 @ 1:00 RA Single arm swim

50 @ 1:00 LA single arm swim

From egg drop

2x50 @ :55 2R/2L

2x50 @ :55 double arm

2x50 @ :50swim

Kick set

All 100s flutter streamline on back finger tips on surface of water and no more than 1 stroke into wall

2x all @ 1:50

100 3 UWK off each wall

100 4 UWK off each wall

100 5 UWK off each wall

100 6 UWK off each wall

100 7 UWK off each wall

10x50 @ 1:00 with snorkel, palms on small board head down focus on press while board does not move

20x25 @ :30 with small board flutter descend 1-4 so #4 of each round is FAST

16x75 @ 1:20 Indiana IM

Breaststroke

NO kick - with buoy for first 2 sets of 4

4x25 @ :45 front to mid (switch at 12.5)

4x25 @ :45 mid to full (switch at 12.5)

4x25 @ :45 heel touch kick (breast without arms)

2x25 @ :30 breast with flutter (fast hands to front with water level splitting middle 2 fingers on recovery)

2x25 @ :30 breast with dolphin (surge chest into line)

4x25 @ :30 beast 2-3 count glide

4x25 @ :30 UW breaststroke shooters

4x25 @ :30 breast with no arms (heel touch)

4x25 @ :45 UW breaststroke shooters

4x25 @ :30 alt breast w/dolphin / breaststroke stroke

4x25 @ :45 UW breast pullouts

4x25 @ :30 1 race pace pullout 3 Race pace strokes 3 count glide rest of way

4x25 @ :30 odds AFAP evens 3 count glide

3x100 @ 1:45 long breast with double pullouts off each wall and flips