Thursday 4/7/2022

Dynamics:

WU:

8x100 @ 1:30 with fins 25 kick 75 swim

2x400 @ 6:30 25 scull 25 drill 50 build

12x50 @ 1:00 descend 1-4 so #4 of each round is FAST

Power: speed rotation

Do in order in rounds of three if group is smaller than 10 so everyone

3x

3x50 @ 1:20 pulleys

4x50 @ 1:00 2 at 200 pace, 2 at 200 pace -1 (round 1 FAST kick)

4x25 @ :45 FAST + 50 smooth @ 1:00 (smooth is choice swim)

Round 1 kick

Round 2 Free swim

Round 3 choice swim

Kick:

6x50 @ 1:00 choice kick

4x150 @ 2:30 50 3K1P breast 50 streamline flutter on back 50 fly swim

3x100 @ 1:40 28 stroke max and breathe 7

8x50 descending interval 2 @ 1:00, 2 @ :55, 2 @ :50, 2 @ :45

Blueish

4x50 @ :50 3 build 1 at 200 pace

200 @ 3:00 breathe 5

4x50 @ :55 1 build 1 at 200 pace

200 @ 3:00 breathe 5

4x50 @ 1:00 1 build 3 at 200 pace

200 @ 3:00 breathe 5

4x50 @ 1:10 at 200 pace

Post stations work:

20 shoulder taps in plank on land

:30 sec vertical dolphin hands on shoulders

400 @ 5:30 Free/back by 50 3/5 UWDK per wall

8x25 @ :30 dolphin on side opposite arm to sky

75 @ 1:00 at 200 pace

25 @ :30 easy

2x50 @ 1:00 at 200 pace -1

2x25 @ :30 easy

4x25 @ :30 at 100 pace (think broken 100)

4x25 @ :30 easy

6xTiger 100s