Saturday, April 9, 2022 PM/LCM Senior

A. B. C.

400 choice swim

4 x 50 kick 1:00 1:00 1:00

4 x 100 free 1:20 1:25 1:30

A. B. C.

8 x 100 dec 1-4 to what feels good HR 25 1:20 1:25 1:30

8 x 50 kick on bd PRIMARY STROKE dec 1-4 1:00 1:00 1:00

100 loosen 2:00 2:00 2:00

8 x 50 choice o – ez e – dec 1-4 1:00 1:00 1:00

8 x 25 o – power sprint e – build to perfect finish :40 :40 :40

Choice on all

2 rounds on 10:00

100 primary race

200 active recovery choice

50 primary race

150 active recovery choice

10 x 50 1:10 o – choice stroke drill e – aerobic cruise free

9 x 100 3:00

#1 25 race free no air off blocks/ 75 ez choice

#2 35 race primary/ 65 ez choice

#3 50 race primary off blocks/ 50 ez choice

Continuous loosen down

400 paddle + buoy B3/5 by 50

300 snorkel (25 scull – 25 drill – 25 swim)

200 kick on back

100 (50 double arm back – 50 backstroke)