4/1

WU

Dynamics with Coach Kyle

24x50

6-streamline flutter on back @:55

6-free swim @:50

6-25 RA lead 25 LA lead dolphin @:55 – opposite hand to sky

6-choice builcd @:50

“Stations”

Station 1

Drills:

4x25 @ :30 alt 1 r stroke 1 l stroke

4x25 @ :30 3K fly

4x25 @ :30 fly with flutter

2x100 @ 1:30 25 fly 25 free

4x25 @ :30 odds RA evens LA

4x25 @ :30 2R-2L

4x25 @ :30 double arm

2x100 @ 1:30 back swim

4x25 @ :30 SA breathe towards

4x25 @ :30 SA breath away

4x25 @ :30 popov

2x100 @ 1:30 free swim

Stations 2

Kick

1x200 @ 4:00 breast with small board – 10 sec vertical kick with board above head at 100

8x50 @ :50 3K1P breast

1x200 @ 4:00 dolphin with small board – 10 sec vertical kick with board above head at 100

8x25 @ 40 breast no arms

1x200 @ 4:00 flutter with small board – 10 sec vertical kick with board above head at 100

Station 3

Pull/with paddles

16x @ 40 with small paddles and buoy

4 – front scull

4 – mid scull

4 – 4 front to 4 mid

4 – breast pull with buoy

8x75 @ 1:15 – choice big or small paddles

Odds back 25 torpedo, 25 12.5 finish 12.5 mid scull, 25 back swim

Evens 25 breast 1 up 1 under, 25 breast 5 stroke max, 25 free popov

200 @ 3:00 back 25 Right arm only, 25 Left arm only, 25 2R-2L, 25 back swim

8x50 @ :50 Free pull 12-10-10-8 stroke max per 25 per 50 x2

Loosen to 5:15