Feb 16, 2018

6 days before Senior State for majority of group:

**Warmup:**

1×600 Free 50 free 50 back

12×50: 4 Kick (50) + 2 Drill (45)

3×100 Pull (120) 5.4.3.3. breaths per 25

3×100 Pull (120) Descend 1-3

12×25 (30) — 2 Drill + 2 Swim….Same Stroke for 4

6×50 (45) — free, hold 26-30 seconds, Bk 29 -32, breast 32 – 35, Fly 28 – 31

8 x 25’s PHANTOM WALLS: Push off in tight streamline, 4-5 dolphin kicks flip UNDERWATER and dolphin up to surface and finish with fast fly, free breast. Perfect finish. Watch this video <https://www.youtube.com/watch?v=PyX7_i6CNyg>

2 x

300, 200, 100

First time thru:

300 pull breathing 3 5 3 7

200 kick Dolphin all four sides. 50 R, 50 L, 50 Back, 50 Stomach

100 Free under 57 for boys and under 1:02 for girls

Second time thru:

300 BK: 50 R 50 L 50 Swim

Br: 50 2 k 1 pull 50 2 pulls 1 kick 50 swim

Fl: 50 R 50 L 50 Swim smooth

200 Kick of main stroke bulid each 100

100 Stroke within 10 of best time

3 x 100’s IM – Working on very fast transitions – easy in between

4x (round 1 and 3 are free 2 and 4 are stroke)

6 x 25 @ :30

#1 Min stroke Count

#2 100 tempo and rate for start 15 yards 10 yards easy

#3 200 tempo and stroke rate for start 15 yards 10 yards easy

1 x 50 easy on 1:00

1 x 50 from start first 50 of 100 pace

1 x 50 ez on 1:00

8 x 50’s Drill for swim down –

Relay starts for boys and regular starts for girls -