

Going to assume most of you are practicing in a 25 yard pool today....
Sunday July 2, 2017

600 With Snorkel 100 Swim, 50 right, 50 left (arm at side) working cross core connection
6 x 100's 1:50 kick odds free/fly evens Bk/br by 25's
6 x 50 :45 Free Descend 1-3 to 27 – 29 for men and 29 -31 for girls
6 x 50 :50 Descend 1-3 main stroke to 200 pace work the turns and underwaters off each wall

20 x 25 12.5 yards under water fast dolphin, 2 fast stroke free on Odds and 2 fast stroke fly on Evens DO NOT BREATHE ON BREAK OUT STROKE!!!
Feel your shoulder blades bring the surface first – work on riding the one arm out front and Velcroing it to your ear during breakout on free. Timing of underwater fly kick to free kick in freestyle...

Mid Distance

3 x 300's Pull rest :10 @ 150
and neg split by :10
4:30

4 x 50's descend 1-4 Free on 1:00

6 x 200 RIM's descend 1 -3 , 4-6
fly is 25 fly 25 free
Working on FAST BACKSTROKE and FAST 25 FLY, 25 free is moderate.

4 x 50's KICK ALL OUT on IMO on 1:00

10 x 100's 1 – 5 free on 1:30, 6 -10 Stroke 1:40
R :10 at 50 Neg split by at least :05 sec

4 x 50's KICK ALL OUT stroke on 1:00

1 x 200 for time your choice if free or stroke neg split. If IM even split.

4 x 50's ODDS free catch up , evens stroke drill

12 x 25's ODDS at 100 pace and tempo evens easy on :35

300 cool down