ALL LEVELS 7:15-8:30am

Warmup

4-3-2-1 Swim Kick Pull IM Drill

Main Set

4x
2 x 50s 1 kick/ 2 Swim @ 1:20ish
2 x 25s 1 Fast/ez 2 Ez/Fast @:40ish

All W/parachute

Then 3 x 25s off the block no parachute

4x
2 x 50s 1 kick/ 2 Swim @ 1:30ish
2 x 25s 1 Fast/ez 2 Ez/Fast @:40ish

All W/ drag socks

Then 3 x 25s off the block no drag socks

Post/Cool Down

Rest of time coaches choice