

Gold | Wilton Wahoos  
Mon Nov 30 '20 - 12:00 pm 25 Yards  
Default interval: 2:00 per 100

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**#Gold sets**

WARM UP- Focus on your length in the water, reaching and rolling with each stroke, and finding a rhythm when kicking. Each stroke, kick, and breath should follow a pater, rhythm or beat that you can repeat over and over, just like any song you would hear on the radio!

0 yds 12:00 pm

2x

200 on :20 seconds Rest, 100 Free Swim Breathing Pattern of 3 (BP 3), 100 Free Head Lead Kick, roll to breathe

2x100 on :20 seconds Rest, Free Kick as Head Lead, Right Spear, Left Spear, Superman Kick, switch each 25

4x25 on :10 seconds Rest, Free Swim, Build to Fast Speed, Breathe every 7 strokes (BP 7)!

0 yds 12:00 pm

FOCUS SET: How do you move through the water? Your goal is to SLICE through the water with your head, shoulders, and body, while ANCHORING and GRABBING the water with your hand and forearm when pulling, and with both sides of your feet with each kick! Feel the water pushing back on your hands, arms, and feet, but have the smallest amount of water push on your head, shoulders, and body as you can

1000 yds 12:03 pm

2x (Round 1: Snorkel and Fins... Round 2: Snorkel Only)

1x200 on :20 seconds Rest, Kick, Do your shoulders/head PLOW or SLICE through the water??  
as

50 Head Lead Kick

50 Spear Kick

100 Streamline Kick

4x100 on :10 seconds Rest,

as

50 8-Kick Switch

50 Free Swim.

4x50 on 1:00 Free Swim, Descend 1-4, with #4 being your best effort while keeping your body long and movements in control! Get your time to keep track of your descend

1000 yds 12:03 pm

**#Gold totals:**

2600 Yards - 12:13 pm (13 min) - stress: 79