Gold | Wilton Wahoos
Fri Dec 11 '20 - 1:00 pm 25 Yards
Default interval: 2:00 per 100

#Gold sets

0 yds 0 min

NOTE: Use a Hockey Puck or an Imaginary Hockey Puck off of each wall!

0 yds 0 min

WARM-UP

0 yds 0 min

1x
3x75 on 1:30 as 50 Free Swim/25 Flagpole/Sailboat/Switch Drill
3x75 on 1:30 as 50 Free Swim/25 Spear Kick

450 yds 9 min

FOCUS SET: Butterfly Swim

450 yds 9 min

1x
3x75 on 1:30/1:40 as 25 Superman Fly Kick/25 Stone Skipper/25 Free Swim
3x75 on 1:30/1:40 as 25 Stone Skipper/25 Butterfly Swim/25 Free Swim
3:00 Rest and get ready for Main Set #1

900 yds 25 min

MAIN SET #1: IM Transition Turns

900 yds 25 min

2x
7x50 on 1:00 IM Transition: #1 Fly, #2 Fly-Back, #3 Back, #4 Back-Brst, #5 Brst, #6 Brst-Free, #7 Free
Focus on IM Transition Turns!
Touch low in the water (think flat hand touching wall, NOT grabbing the Wall).
Knees Up/Eyes Up for turn. How quickly can you get your feet onto the wall?
1x100 on 2:00 IM RACE with great transition turns!
1x75 on 2:00 smooth freestyle

#Gold totals:
1950 Yards - 47 min - stress: 59