

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

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**#Maroon 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 patter, rhythm or beat that you can repeat over and over, just like any song you would hear on the radio!

0 yds 0 min

5x100 on :20 seconds Rest Kick/Swim

0 yds 0 min

as

50 Free Swim Breathing Pattern of 3 (BP 3)

50 Free Head Lead Kick, roll to breathe. Find a rhythm to breathe to!

500 yds 1 min

6x50 on :10 seconds Rest, Drill

500 yds 1 min

as

1-3: 8-KICK SWITCH DRILL. Stay long and quickly switch to other side!

4-6: FINGER TIP DRAG/CATCH UP DRILL. Drag your fingertips as long as possible, from below your hip to over your head!

800 yds 2 min

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

800 yds 2 min

1x Snorkel and Fins

6x50 on :20 Seconds Rest Kick. Do your head and shoulders PLOW or SLICE through the water?

as

1-2: Head Lead Kick

3-4: Spear Kick (Right Arm/Left Arm)

5-6: Streamline Kick

8x25 on :10 Seconds Rest, Descend 1-4 and 5-8 (Start Smooth, then each 50 gets faster until #4 is FAST effort!)

800 yds 2 min

1x Snorkel Only

6x50 on :20 Seconds Rest Kick. Do your head and shoulders PLOW or SLICE through the water?

as

1-2: Head Lead Kick

3-4: Spear Kick (Right Arm/Left Arm)

5-6: Streamline Kick

8x25 on :10 Seconds Rest, Descend 1-4 and 5-8 (Start Smooth, then each 50 gets faster until #4 is FAST effort!)

1300 yds 5 min

**#Maroon totals:**

1800 Yards - 8 min - stress: 55