

Warm up

200 free

4x50s Kick, back, drill, breast kick

thread the water 30s

Main set

6x25s Back, breast, free, breast, fly, breast

Paddles and Pull bouy

2x50s Breast, free

4x25 Breast, free, breast, free

8 x 50s

[2X Breast free kick, 2x Breast fly kick, 2x Breast, 2x Free]

Technique

Practice 3 Pull outs

2x (5x25s)

Breast kick w/ pull bouy

free kick w/ pull bouy

breaststroke one arm

breaststroke other arm

Breaststroke kick touching ankles

Sprint

4x25s Sprint!

Breaststroke

Freestyle

Breaststroke from the blocks

Freestyle from the blocks

150 Warm down

Stretch!