



Kicks and Drills

Warm up

200 Swim
200 Kick
200 Pull

Main Set: Adjust your interval as needed

6 x 100 @ 1:30 / 1:45 / 2:00

Odds = drill

Evens – Build freestyle

6 x 50 @ 1:00 / 1:10 / 1:20

1-3 Kick

4-6 Swim

3X through:

2 x 75 Freestyle @ 1:30/ 1:35 / 1:40 (breathe every 7, every 5, every 7 by 25s)

300 Freestyle @ 4:15/ 4:30/ 4:45

4 x 25 ALL OUT

10 x 25 Fast kick on wall for :10 then 12.5 yds FAST, 12.5 yds. Easy

Fins

300 (25 breastroke w/dolphin kick, 25 Streamline, 50 Overkick)

Cool Down

200 choice EZ



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