



Paddle Day!

Warm up

200 swim
200 Pull (buoy only)
200 kick

Main Set

8x25 @ :30 (gripping tops of paddles so they extend past wrist joint)
2x300 @ 6:00 (descend by 100 within the 300)
8x25 @ :40 (pushing paddle on the top of your head)
3x200 @ 4:00 (descend by 50...last 50 of each is FAST!)
8x25 @ :30 (4 with paddle on right hand only, 4 on left hand only)
4x150 @ 3:00 (75 easy/75 FAST!)
8x25 @ :40 (catch up drill, holding one paddle out front)

Cool Down

200 choice EZ



**KENNESAW STATE
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DIVISION OF STUDENT AFFAIRS
Sports and Recreation