

Warm-up:				
swim	300	Warm up 5 min		200
		100 stroke count		100
Drills:				
Streamline push-offs	100	balance on top of water		
4X25 push-off strline,try to get halfway under				
water, then swim ez to other end		streamline pushing off the wall		50
4X25 with good push-off, count	100			
strokes		torpedos half length of pool		50
		streamline kick balance hand lead		100
3x50 10-3-10 swim	200	streamline kick balance head lead		50
1x50 kicking on side	50	streamline kick balance rolling		
Main set		side kicking		50
1X200 count strokes/25	200	10-3-10 x 4		100
2X100 1 stroke less/25	200			
4X50 2 strokes less/25	200	easy swim		100
4X25 1 fast/ 1 dps	100	cool down		50
Ez 100 choice	100	TOTAL		850
TOTAL	1550			