

Michelle's group			Sara's group	
WARM-UP			WARM-UP	(5 min.)
200 swim	200		swim	300
200 kick	200			
DRILLS:			DRILLS:	
Side Kicking			Streamlines off wall	50
2x50 R/L	100		Side Kicking	
2x50 10-3-10	100		2x50 R/L	100
Single Arm			2x50 10-3-10	100
2x50 on favorite side	100		Finger Tip Drag	
2x50 on non-fav side	100		2 x 50	100
Finger Tip Drag	100		Hip Drive	
Hip Drive			count strokes, 2x 50	100
2x100	200		count strokes, 2x50 -1 SPL	50
MAIN SET:			MAIN SET:	
Timed Swim	400		continous	200
easy recovery swim	100		breathing exercises	200
8 x 25 (half length powerkick, half length swim)	200		COOL DOWN	100
			TOTAL	1300
COOL DOWN	200			
TOTAL	2000			