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|--|-------------|
|  |             |
| <b>Warm up</b>                         |             |
| swim                                   | 150         |
| kick                                   | 150         |
| slow swimming (pause)                  | 100         |
|  |             |
| <b>Drills</b>                          |             |
| fingertip drag                         | 75          |
| zipper                                 | 75          |
| hitch (2 x 75)                         | 300         |
| head up front crawl (50)               | 50          |
|  |             |
| <b>pull buoy set</b>                   |             |
| one arm swim R                         | 75          |
| one arm swim L                         | 75          |
| swim                                   | 200         |
|  |             |
| <b>main set- breath control</b>        |             |
| breathe every 3,5,7,9                  |             |
| 3x100                                  | 300         |
| maintain low breath count              | 100         |
| <b>cool down</b>                       | 200         |
|  | <b>1850</b> |
|  |             |
|  |             |
| *focus on rotation and breathing today |             |
| *no class next week                    |             |