

Warm up		Warm up	
swim	200	swim	200
stream line kick head lead roll 2x50	100	stream line kick head lead roll 2x50	100
streamline kick on side (belly towards wall) 2x50	100	streamline kick on side (belly towards wall) 2x50	100
Drill set		Drill set	
		2x50 6-6 kicking	100
50 fingertip drag	50	50 fingertip drag	50
50 exaggerated finish	50	50 exaggerated finish	50
2x50 2 sec glide (reach for wall)	100	2x50 2 sec glide (reach for wall)	100
Main set		Main set	
flip turn instruction	200	open turns	100
somersault standing		touch	
turns in middle of pool		dropping shoulder	
using arms, the wall		twisting body	
come up on back, with twist		streamline	
		side	
set practicing turns		set practicing turns	
2x200 (long stroke, maintain sc) :20 RI	400	2x100 (long stroke, maintain sc) :20 RI	200
4x50 :15 RI	200	2x50 :15 RI	100
100 easy	100	200 choice	200
Total	1500	Total	1300