

WORKOUT 7/10/12

(lots of stroke instruction about hand entry and pull completion)

Warm-up:

1 X 500 Swim
4 X 50 kick

Drill set:

8 X 50 swim (25 meters head out of water, 25 meters regular), with :30 seconds rest
1 x 100 easy

Kick set:

1 X 200 kick, choice, alternate moderate and sprint kick by thirds of the 50 meter pool
4 X 50 kick, choice, 25 meters moderate, 25 meters sprint kick, with :20 seconds rest
1 X 100 easy

Final set:

6 X 50 swim, odd 50's breastroke drill with underwater swimming, even 50's choice