

Practice # 66 – 75s drill/free/ch (Lanes 1&2)

Warm Up - 400 Choice
- 5x100 free drill 1:50/2:00
(25 sculling drill - no pull buoy, 25 full)

Main Set:

4x75 free kick drill 1:20/1:30
(25 streamline kick, 25 build, 25 hard)

4x75 1-arm free drill 1:20/1:30
(25 1-arm, 25 build, 25 hard)

4x75 free 1:10/1:15
(remember to apply the drills in stroke)

1 min rest, re-group and repeat set
switching to choice stroke
add :10 to pace times

Note: if breast, swim drill vice 1-arm

400 IM or Free

Warm down – 5 mins of relaxed swim