

LANE 2 (CSS 32s)

11-Mar-23	2000	TSS" 73 IF 0.89	Moderate	
<u>w/up</u>				
100	FR easy			100
100	fave form Z3			100
4x50	FR on 1:10			200
Main set	focus: FR speed off walls			
4x200	FR build Z3-4a-4b-5		on 5:00	800
	#3 as pull			
200	as 50 ea BA-BR-1-arm fly-BA fins		Z3	200
8x50	IM order	Z4 sub 25fly/25FR	RI 10s	400
<u>c/down</u>				
200	K fins 50 ea fly on ba/BA/fly on front/FR			200
				2000

Alternative to BR drills

Main set	fly set		
100	1-arm fly		100
100	dive fly drill*		100
4x50	fly fins, exagg chest dip (bum up)		200
2x50	slow fly, no fins, exagg chest dip	Ri 20 sec	100

*Throw arms under water at start of stroke ie out in front and kick for 2-4 beats underwater, surface for stroke and dive back underwater at end of throw. Best with fins.