

6-May-23

2000

Moderate

w/up

TSS" 65 IF 0.73

8x50

FR on 1:20

Desc times (1st 2 slow)

400

FR drills & swim

100

FR K fins on side - K both directions

100

2x100

FR single arm kick drill

Brenton Ford

200

Pyramid

2x50

FR

on 1:05

100

100

FR

on 2:05

100

200

FR

on 4:30

200

100

FR

on 2:05

100

2x50

FR

on 1:10

100

BR drills

200

BR K up, FR K back no fins

200

2x100

25 BR on back, +band, 25 flip&BR

100

BR "chinball" drill - 25 golf 25 BR*dive

100

4x50

BR count strokes

200

c/down

200

choice

200

2000