

6-May-23

1650

Easy-Mod

w/up

TSS"" 62 IF 0.72

6x50

FR on RI 15s

Desc times (1st 2 slow)

300

BR drills

midpool - in box

2x50

BR K up, FR K back no fins

100

2x50

up BR on back, +band, down flip&BR

2x25

BR "chinball" drill

50

4x50

BR count strokes

full pool

200

FR drills & swim

100

FR K fins on side - K both directions

100

2x100

FR single arm kick drill

ch 100

Brenton Ford

200

Pyramid

same pace all Z4

50

FR

RI 15 sec

50

100

FR

RI 15 sec

100

150

FR

RI 15 sec

150

100

FR

RI 15 sec

100

2x50

FR

RI 15 sec

100

c/down

200

choice

200

1650