

Coach: Brenda Day	Date: 7/1/2020	Length: 60 Mins	Focus: Building Fitness – all strokes
--------------------------	-----------------------	------------------------	--

Level	One	Two	Three
Warm Up (with Fins)	4 x (75 FS 25 Choice) 400	4 x (75 FS 25 Choice) 400	4 x (75 FS 25 Choice) 400
Drills with Fins/Snorkel /pull buoy	1 x 200 as <ul style="list-style-type: none"> • 50 FS Kick • 50 pull buoy • 50 FS Drill • 50 choice 200	3 x 200 as <ul style="list-style-type: none"> • 50 FS Kick • 50 pull buoy • 50 FS Drill • 50 choice 600	4 x 200 as <ul style="list-style-type: none"> • 50 FS Kick • 50 pull buoy • 50 FS Drill • 50 choice 800
Main Set Focus/Tips: Build through 100 and 75 Finish strong – negative split	Build Set <ul style="list-style-type: none"> • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75 BK as 25 easy, 25 mod, 25 hard • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75 BRS as 25 easy, 25 mod, 25 hard • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75s as 25 FLY, 25 BK, 25 BRS • 2 x 100 IM • 50 easy 30 sec R 1300	Build Set <ul style="list-style-type: none"> • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75 BK as 25 easy, 25 mod, 25 hard • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75 BRS as 25 easy, 25 mod, 25 hard • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75s as 25 FLY, 25 BK, 25 BRS • 2 x 100 IM • 50 easy 20 sec R 1300	Build Set <ul style="list-style-type: none"> • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75 BK as 25 easy, 25 mod, 25 hard • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75 BRS as 25 easy, 25 mod, 25 hard • 2 x 100 FS – 1st Build, 2nd 50 easy, 50 hard • 2 x 75s as 25 FLY, 25 BK, 25 BRS • 2 x 100 IM • 50 easy 15 sec R 1300
Cool Down	200 dolphin kick on back 2100	200 dolphin kick on back 2500	200 dolphin kick on back 2700