

Yellow/White

Skips Warm-up & Cool Down

2 – SKIPS -

50 -Swim - Easy Pace

50 -Kick – with a kickboard

50 -IM Drill – Choose 2 drills from the list below.

50 -Pull – with a Pull Buoy

50 -Swim – Medium Pace

First set of SKIPS is all Freestyle with Fins.

Second set of SKIPS is NON-FREE, No Fins.

Drills

Back: Wave, Thumb-Out/Pinky-In

Free: Catch-up, Zipper

Fly: Aquaman

Cool-Down (150)

50 Freestyle – Smooth

100 Kick – Choice – Smooth/Easy- not fast!