



Warm-up:
100-300m easy choice

Drill set:
2 x 50 pull (12.5 scull #1 + 12.5 scull # 2 + 25 swim)
1-2 x 100 swim

2 x 50 pull (12.5 scull # 2 + 12.5 LADP + 25 swim)
1-2 x 100 swim

2 x 50 pull (25 scull combo + 25 swim)
1-2 x 100 swim

Main-set:
1 x 200 pull with agility paddles (+15s)
1 x 400 swim no toys (+15s)

1 x 200 pull - no paddles (+15s)
1 x 400 swim no toys (+15)

Cool-down: 100 easy choice
(Distance= 2,000-2,500)

Pull phase focus in this technique swim
LADP=Long Arm Dog Paddle
Scull combo=do scull1, scull2, LADP during the 25m)

