



Aim To develop Fr body position

WARM UP

200 Fr EZ long plus max streamlining off walls

8x25 Fr Single Arm 1-4) left 5-80 right On :50
Descend to max plus stroke count / reduce each arm

MAIN SET

6x50 Fr :30
1) Steady - Bury head, water breaks over crown, relaxed neck
2) Hard – plus note time - Lean on chest / release hips to surface
3-5) Best time (BT) plus :05 - Rotate on axis (Breathe with bellybutton)
6) Beat BT!

Fr Drill recovery

4x50 25 Dr, Sw :20
1) Catch up
2) Single arm
3) Fist
4) Ripple

MAIN SET 2

4x100 Fr :20
1) Steady - Bury head, water breaks over crown, relaxed neck
2) Hard – plus note time - Lean on chest / release hips to surface
3) Best time (BT) plus :05 - Rotate on axis (Breathe with bellybutton)
4) Beat BT!

SWIM DOWN

3x50 EZ choice On 1:30

