

MAIN SET: 1800 yards

6 rounds of the box. Chose 1 sendoff column and work down. Take 15-30 seconds break between rounds.

Butterfly is 1L/1R/1 whole stroke...1/1/2...1/1/3...1/1/4 by 25 in each round. Or substitute dolphin kick for some of the fly lengths.

Round #1 Focus: Plant your feet and get into tight streamline for all pushoffs

Round #2 Focus: No breath till 2nd stroke on Free & Fly

Round #3 Focus: Lead with the top of your head going into breakout (as opposed to leading with your face/eyes).

Round #4 Focus: Quick, small kick into the breakout for Free and Fly

Round #5 Focus: Be aware of hand position going into breakout (no resistance; fingertips slightly down)

Round #6 Focus: Championship finishes in each stroke (eyes down...fingertip touch...long body)

4 X 25 Free	:25	:30	:35
4 X 25 Fly	:30	:35	:40
4 X 25 Breast	:35	:40	:45