

Extend & Catch Focus – Part 3

Warm Up (400) FS

Drills focus: ***Extend*** & Catch (600)

4 X 50 as ↑ Scull #1 ↓ FS Easy

4 X 50 1-Arm KB (Kickboard)

4 X 50 as ↑ Tarzan ↓ FS Easy

Kick Set (400)

8 X 50 as ↑ Kick hard ↓ FS Easy

Freestyle 200s (600)

3 X 200 FS @TP + 20s

Cool Down: 200-400 Choice

(Total 2200-2400)