

Arms 1: Spear

Tools: PB, KB, TT

Warm Up (~500)

While sighting once per length (both directions)

10 minutes ↑ FS quick ↓ FS easy recovery pace

Drill Set (800)

All repeats focus on spearing to a 1-arm-streamline

4 X 50 Broken Arrow Drill

1 X 100 FS

4 X 50 1-Arm KB Drill

1 X 100 FS

4 X 50 ↑ Tarzan ↓ FS easy

Main Set

Slower Lanes	Faster Lanes (1600)
Drill & FS as directed by Coach	4 X 400 pace for race: short course @ TL long course @ EL

Cool Down (200-400) Easy FS + other strokes