

## Arms 2: Reach

Tools: PB, KB, TT

### Warm Up (~500)

Everybody in first 2 lanes for 10 minutes of  
Crowding, passing, drafting practice

Duck under lane line, no underwater push-off

↑ Lane 1 ↓ Lane 2

### Drill Set (800)

All repeats focus on reaching to the setup position

4 X 50 ↑ Scull #1 w/PB ↓ FS w/PB easy

4 X 50 1-Arm w/KB switch arms at wall

1 X 100 FS

4 X 50 1-Arm switch arms at wall

1 X 100 FS

### Main Set

Slower Lanes	Faster Lanes (1600)
Drill & FS as directed by Coach	4 X 200 @ TL + 1beep 4 X 100 @ TL + 1beep 8 X 50 quick + 30s rest

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