

Arms 3: Catch

Tools: PB, KB

Warm Up (600)

200 FS + 200 FS w/PB + 200 FS

Drill Set (800)

All repeats focus on setting the forearm catch

4 X 50 ↑ Scull #1 w/PB ↓ FS w/PB easy

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

4 X 25 FS stop briefly at wall and re-focus on catch

4 X 50 Doggy Scoop (doggy paddle out front, head down)

4 X 25 FS stop briefly at wall and re-focus on catch

Main Set

Slower Lanes	Faster Lanes (1600)
Drill & FS as directed by Coach	8 X 200 + 30s, build by 50: 1 st 50 easy 2 nd 50 aerobic 3 rd 50 threshold 4 th 50 hard

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