

Arms 4: Pull

Tools: PB, TT

Warm Up (600) – Adjust Goggles Practice

200 FS easy

200 FS remove/replace goggles mid pool ea. length

200 FS build to threshold pace

Drill Set (800)

Focus on getting a powerful, long pull

8 X 50 ↑ Top2Bottom Scull w/PB ↓FS w/PB easy

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

4 X 50 Long Dog (FS arms recovered underwater)

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

Main Set – Focus on Your Pull!

Slower Lanes	Faster Lanes (1600)
Drill & FS as directed by Coach	Pyramid @ threshold pace; rest for time needed to complete 1 length at threshold pace 100, 200, 300, 400, 300, 200, 100

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