

# Arms 5: Recover

Tools: PB, KB, TT

## Warm Up (~500) – Flotsam & Jetsam Swim

Toss PBs in Lanes 1 & 2

10 minutes ↑ Lane 1 ↓ Lane 2

## Drill Set (600)

**Focus on recovery: finish strong & throw arm forward**

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

4 X 50 ↑ Backsplash w/PB ↓ FS w/PB easy

4 X 50 FS w/high hands recovery (experiment)

## Main Set – Focus on Arm Recovery!

Slower Lanes	Faster Lanes (1600)
Drill & FS as directed by Coach	Ladder @ threshold pace; rest for time needed to complete 1 length at threshold pace 2 X 100, 2 X 200, 2 X 300, 1 X 400

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