

# **Kicking 1: Propulsive Kick Focus**

Tools: KB

## **Warm Up (400)**

400 FS as ↑ build ↓ easy

## **Drill Set (~800)**

Vertical kicking: 4 x (45s kick + 25s rest)

8 X 50 ↑ Kick hard in streamline ↓ FS easy:

Kicking 1 on back, 2 on belly, 3 L side, 4 R side

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

## **Main Set – Focus on the Kick**

6-8 X 200 +15s at moderate pace

Focus on 6-beat kick (3 kicks per arm stroke)

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