

Kicking Focus

Warm Up (400)

400 FS

Vertical Kicking (8 minutes)

45s kick + 15s rest – directed by Coach

Main Set (1200-1600)

6-8 X 200 +15s rest

Swim 2 strokes hard off each wall w/6BK,
then ease off and use 2BK rest of length

Cool Down (200-400)

200-400 Choice