

Kicking 3: 2-Beat Kick

Tools: KB, Fins

Warm Up (400)

400 FS as ↑ build ↓ easy

Drill Set (600) – all w/Fins

4 X 50 ↑ Kick hard in streamline ↓ FS easy

4 X 50 alternating

Odds: Kicking w/KB – Rotate slightly ea. 3 kicks

Evens: FS easy – Focus on 3 kicks per arm stroke

4 X 50 1-Arm w/KB, practicing 2-beat kick, use

leg opposite stroking arm to drive arm forward

leg same side as stroking arm for catch and pull

Main Set – Focus on the Kick (fins optional)

6-8 X 200 +15s rest – at each wall swim 2 strokes

kicking hard, then ease off to a 2BK for that length

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