


**SWIM // 3000 // 2500 // 2000 // THE JR SPECIAL - DRILLS**

**WORKOUT SETS**

**GROUP A = 3000**

**GROUP B = 2500**

**GROUP C = 2000**

	<b>WARM UP</b>	<b>600</b>			<b>500</b>			<b>500</b>		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Freestyle	1	200	200	1	200	200	1	200	200
	Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
	Freestyle	1	200	200	1	100	100	1	100	100
	Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
<b>MAIN SET</b>		<b>2100</b>			<b>1800</b>			<b>1400</b>		
	Thigh touch drill // swim freestyle and with each recovery, swipe lower thigh // 1 min rest between sets	4	100	400	3	100	300	2	100	200
	Kick + Fins // on back going backwards // no board	1	100	100	1	100	100	1	100	100
	Freestyle + Fins // swim with no kick // long reaching strokes - glide on lead hand as long as possible // focus on arm + elbow + hand placement in entire stroke // 1 min rest between sets	4	100	400	3	100	300	2	100	200
	Kick + Fins + Board	1	100	100	1	100	100	1	100	100
	Freestyle // have lead hand out, touch with recovery hand before starting pull // 1 min rest between sets	4	100	400	3	100	300	2	100	200
	Kick + Fins + Board	1	100	100	1	100	100	1	50	50
	Freestyle 500 for time	1	500	500	1	500	500	1	500	500
	Kick + Fins + Board	1	100	100	1	100	100	1	50	50
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<b>COOL DOWN</b>		<b>300</b>			<b>200</b>			<b>100</b>		
	Easy Freestyle or Choice	1	300	300	1	200	200	1	100	100