

MIGRATE TO A POOL!

WARM UP: 6x75

10/4/20

MAIN SET:

ODDS - DRILL $\left\{ \begin{array}{l} \text{HIGH ELBOW} \\ \text{FIST DRILL} \end{array} \right.$
Evens - BUILD

SET #1

<u>FREE</u>		<u>STROKE</u>		<u>FREE</u>
25	→	50	→	75
50	→	75	→	100
75	→	100	→	125
100	→	125	→	150

SET #2

<u>STROKE</u>		<u>FREE</u>		<u>STROKE</u>
150	→	125	→	100
125	→	100	→	75
100	→	75	→	50
75	→	50	→	25

WHAT DO YOU WANT TO DO NEXT, GUYS?

WHAT ABOUT BUTTERFLY?

WHY DIDN'T I THINK OF THAT?

