

Equip: kickboard, pull buoy

“Butterfrog”

Time/ Yards	Hard	Time/ Yards	Harder	Time/ Yards	Hardest
1:30 4:00 1:30 400y	50 dolphin kick 4 minute free 50 dolphin kick	1:15 5:00 1:15 500y	50 dolphin kick 5 minute free 50 dolphin kick	1:15 5:00 1:15 500y	50 dolphin kick 5 minute free 50 dolphin kick
1:00 0:20 1:30 0:20 500y	25 fly drill + 25 free 20 seconds rest ^^^do this 4 times 50 dolphin kick 20 seconds rest ^^^do all this twice **butterfrog	0:50 0:15 1:15 0:15 600y	25 fly drill + 25 free 15 seconds rest ^^^do this 5 times 50 dolphin kick 15 seconds rest ^^^do all this twice **butterfrog	0:50 0:15 1:15 0:15 700y	25 fly drill + 25 free 15 seconds rest ^^^do this 6 times 50 dolphin kick 15 seconds rest ^^^do all this twice **butterfrog
5:00 200y	5 min swim **start w/ 25 fly	5:00 300y	5 min free **start w/ 50 fly	5:00 350y	5 min free **start with 75 fly
1:00 1:00 1:00 1:00 350y	1)50 free, but 1st 4 strokes=fly 2)25 fly+25 free 3)25 fly+25 free, but 1st 4 strokes=fly 4)50 fly ^^^then do 3, 2, 1 **20 seconds rest between each	0:50 0:50 0:50 0:50 400y	1) 50 free, but 1st 4 strokes=fly 2) 25 fly+25 free 3) 25 fly+25 free, but 1st 4 strokes=fly 4) 50 fly ^^^then do 4, 3, 2, 1 **15 seconds rest between each	0:45 0:45 0:45 0:45 400y	1) 25fly + 25 free 2) 25 fly+25 free 3) 50 fly 4) 50 fly ^^^then do 4, 3, 2, 1 **15 seconds rest between each
3:15 1:30 200y	150 pull 50 dolphin kick	3:15 1:15 250y	200 pull 50 dolphin kick	3:45 1:15 300y	250 pull 50 dolphin kick
3:00 3:30 100y	200 fly relay *swim at least 25 fly 200 free relay	3:00 3:30 100y	200 fly relay 200 free relay	3:00 3:30 100y	200 fly relay 200 free relay