

“Breastroke Pyramids”

Equip: kick board, pull buoy

Time/ Yards	<u>Even Harder 5,</u> <u>13, 16, 17, 3</u>
1:00 100y	25 x 4 free
1:00 1:00 1:00 2:00 200y	1)25 whip kick w/ pull buoy--Gently! (regular whip kick if knees are hurt) 2)25 whip kick w/ pull buoy--Gently! (regular whip kick if knees are hurt) 3)25 whip kick on back, touch heels to fingers each kick 4)50 whip kick ***then do 3, 2, 1
2:00 2:00 2:00 4:00 400y	1)50 breast, no glide 2)50 breast, max glide 3)50 breast, regular 4)100 breast, race pace (50fast+50sprint) 1 min. rest ***then do 3, 2, 1
1:00 1:00 2:00 300y	25 breast sprint 25 free sprint 50 free 1 min rest ***do this 3 times
5:00 100y 1100y	100 cool down choice, long, stretching strokes