

Equip: kick board, pull buoy

Breastroke Pyramids

Time/ Yards	<u>Hard</u>	Time/ Yards	<u>Harder</u>	Time/ Yards	<u>Hardest</u>
1:45 1:15 0:45  150y	<b>75 free</b> <b>50 free</b> <b>25 free</b>	2:00 1:30 1:00 0:30 250y	<b>100 free</b> <b>75 free</b> <b>50 free</b> <b>25 free</b>	2:30 1:30 1:00  300y	<b>150 free</b> <b>100 free</b> <b>50 free</b>
*Pyra mid*  All with 15 sec. rest   350y	<b>1)25 whip kick w/ pull buoy--Gently!</b> (regular whip kick if knees are hurt) <b>2)25 whip kick w/ pull buoy--Gently!</b> (regular whip kick if knees are hurt) <b>3)75 whip kick on back, touch heels to fingers each kick</b> <b>4)100 whip kick</b> <b>***then do 3, 2, 1</b>	*Pyra mid*  All with 10 sec. rest   400y	<b>1)25 whip kick w/ pull buoy--Gently!</b> (regular whip kick if knees are hurt) <b>2)50 whip kick w/ pull buoy--Gently!</b> (regular whip kick if knees are hurt) <b>3)75 whip kick on back, touch heels to fingers each kick</b> <b>4)100 whip kick</b> <b>***then do 3, 2, 1</b>	*Pyra mid*  All with 10 sec. rest   450y	<b>1)25 whip kick w/ pull buoy--Gently!</b> (regular whip kick if knees are hurt) <b>2)50 whip kick w/ pull buoy--Gently!</b> (regular whip kick if knees are hurt) <b>3)75 whip kick on back, touch heels to fingers each kick</b> <b>4)100 whip kick</b> <b>***then do 3, 2, 1, 2</b>
*Pyra mid*  All with 30 sec rest 700y	<b>1)50 breast, no glide</b> <b>2)50 breast, max glide</b> <b>3)150 breast, regular</b> <b>4)200 breast, race pace (75+75+50)</b> <b>1 min. rest</b> <b>***then do 3, 2, 1</b>	*Pyra mid*  All with 20 sec rest 800y	<b>1)50 breast, no glide</b> <b>2)100 breast, max glide</b> <b>3)150 breast, regular</b> <b>4)200 breast, race pace (75+75+50)</b> <b>1 min. rest</b> <b>***then do 3, 2, 1</b>	*Pyra mid*  All with 15 sec rest 850y	<b>1)50 breast, no glide</b> <b>2)100 breast, max glide</b> <b>3)150 breast, regular</b> <b>4)200 breast, race pace (75+75+50)</b> <b>1 min. rest</b> <b>***then do 3, 2, 1, 1</b>
0:45 0:45 1:45 1:00  600y	<b>25x2 breast sprint</b> <b>25x2 free sprint</b> <b>100 free</b> <b>1 min rest</b> <b>***do this 3 times</b>	0:35 1:45 1:00  800y	<b>25x4 breast sprint</b> <b>100 free</b> <b>1 min rest</b> <b>***do this 4 times</b>	0:35 1:45 1:00  800y	<b>25x4 breast sprint</b> <b>100 breast</b> <b>1 min rest</b> <b>***do this 4 times</b>
3:00  100y 1900 y	<b>100 swim, long, stretching strokes</b>	3:00  100y 2350 y	<b>100 swim, long, stretching strokes</b>	3:00  100y 2500 y	<b>100 swim, long, stretching strokes</b>