

Women in Coaching Clinic 2015
13 – 14 Workout

Carlene Takaki

3x

8x25 kick count with tempo trainers set at .70

Round 1: superman kick

Round 2: 4 right arm, 4 left arm

Round 3: swim

4x50 @:45/:40 free active recovery

1x50 @:50 fly good technique

4x50 @:45/:40 free active recovery

2x50 @:50 fly good technique, add some effort

4x50 @:45/:40 free active recovery

3x50 @:50 fly good technique, add effort as desc

4x50 @:45/:40 free active recovery

4x50 @:50 fly good technique desc to fast