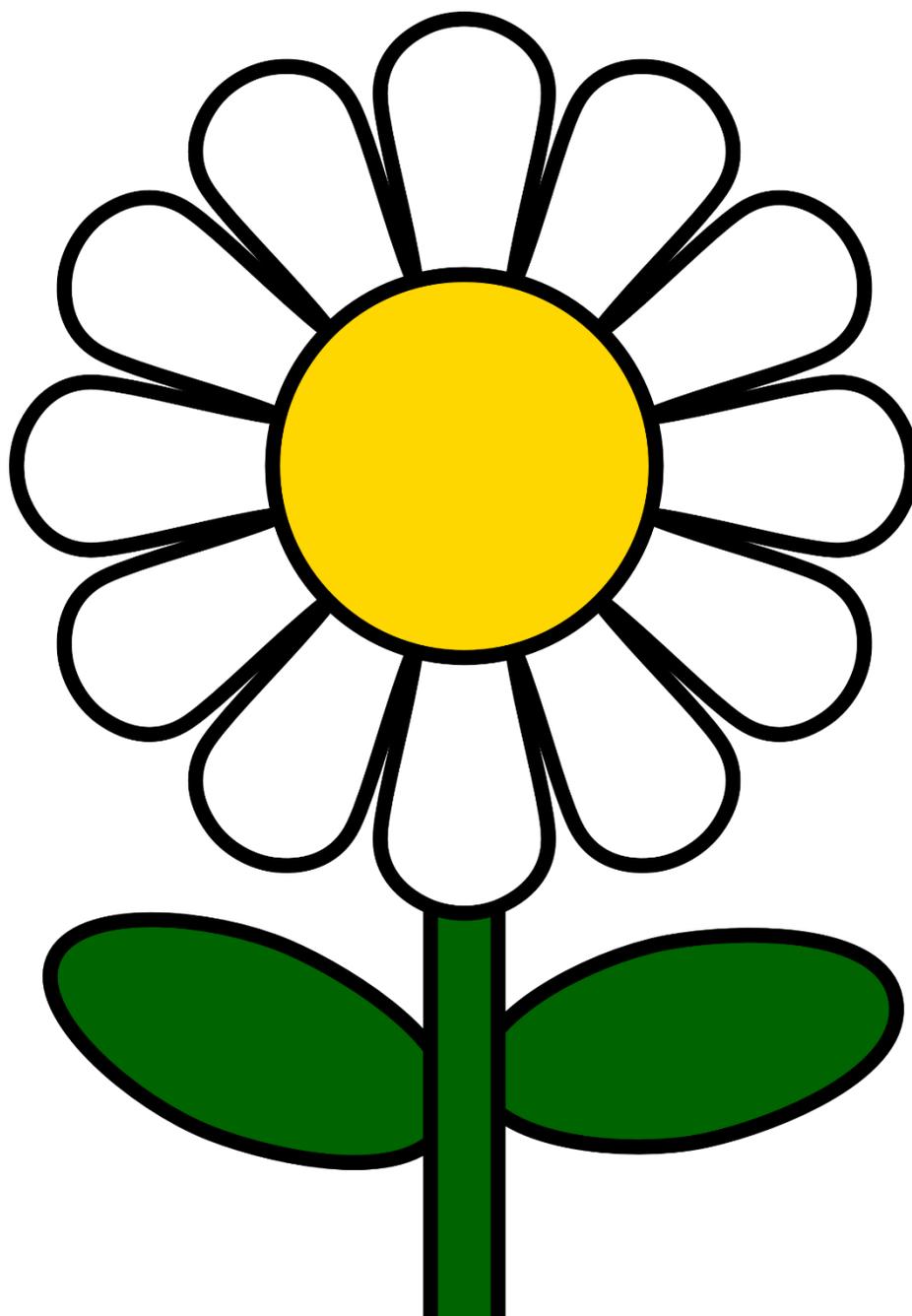


Wednesday, February 14, 2024

300 swim – 200 kick – 300 pull

My coach loves me --- My coach loves me not



Loves me petals

200 social kick

4x 25 dog paddle

4x 25 scull sitting on
kickboard

100 choice

4x 25 feet first freestyle

4x25 butterfly pull with
breaststroke kick

4x 25 corkscrew

Loves me not petals

8 x 25 odds: fly
evens: free

4 x 25 breathe every 7

4x50 free w/ 4 underwater
dolphin kicks off each wall

4x50 fast backstroke

200 IM - fast

4x100 freestyle
descend 1-4

8 x 25 odds: fast breast
evens: free