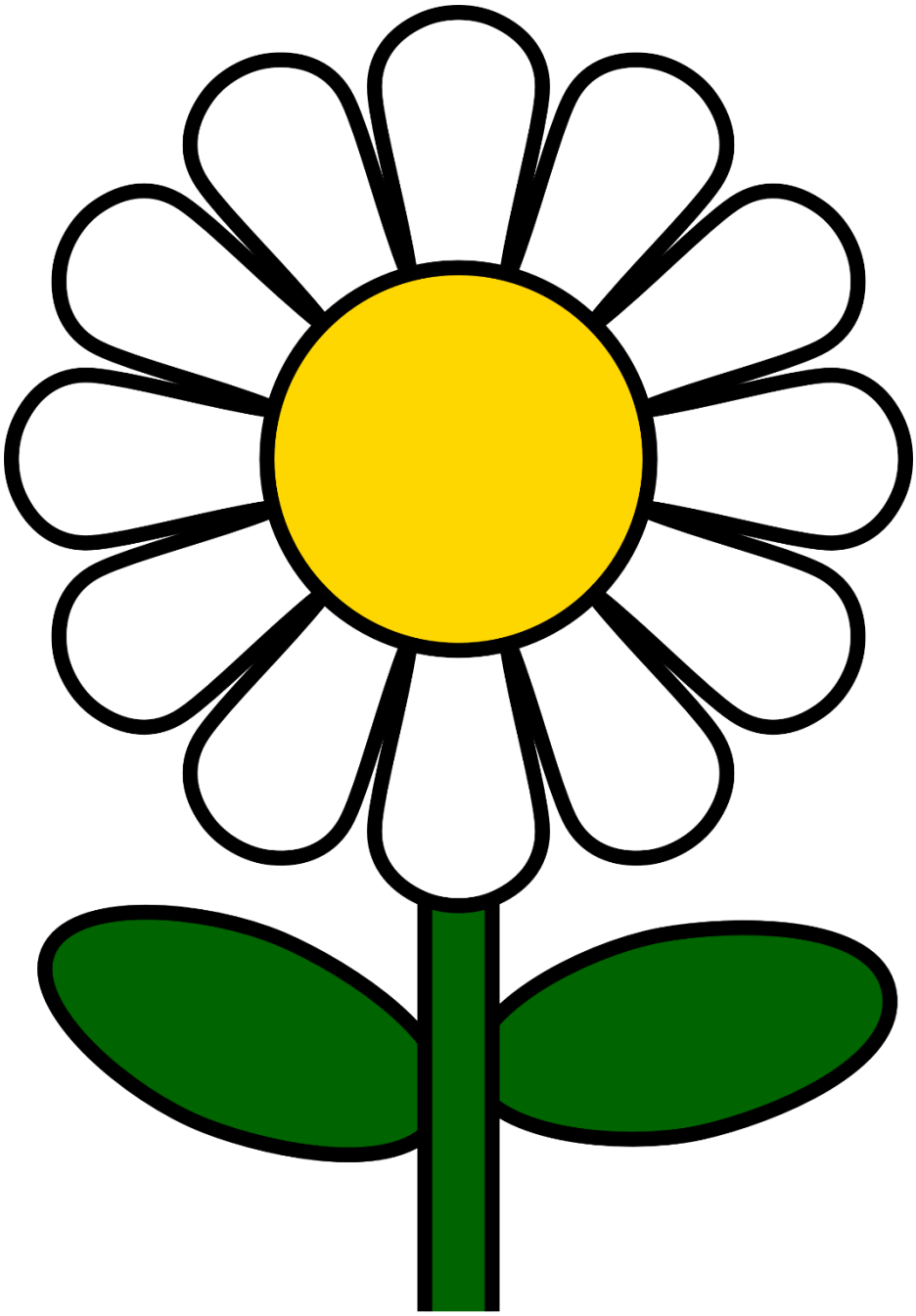
Wednesday, February 14, 2024

300 swim – 200 kick – 300 pull

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



Loves me petals	*Loves me not petals*
200 social kick	8 x 25 odds: fly evens: free
4x 25 dog paddle	4 x 25 breathe every 7
4x 25 scull sitting on kickboard	4×50 free w/ 4 underwater dolphin kicks off each wall
100 choice	4×50 fast backstroke
4x 25 feet first freestyle	200 IM - fast
4×25 butterfly pull with breaststroke kick	4×100 freestyle descend 1-4
4x 25 corkscrew	8 x 25 odds: fast breast evens: free