

# Paddle Day

## Warm up

- 200 swim
- 200 Pull (buoy only)
- 200 kick

## Main Set

- 8x25 @ :30 (gripping tops of paddles so they extend past wrist joint)
- 2x300 @ 6:00 (easy with 100 with the 300)
- 8x25 @ :40 (pushing paddle one off one side of pool)
- 3x200 @ 4:00 (descend by 50...last 50 of each is 1:00)
- 8x25 @ :30 (4 with paddle, right hand only, 4 with hand only)
- 4x150 @ 3:00 (75 easy, 75 fast)
- 8x25 @ :40 (paddle only, pushing one off one side)

## Cool Down

- 200 choice EZ