

NWA: DRYLAND CIRCUIT SWIMS

Choose from, or, as directed

Complete as many as possible in the time allocated

- 1. 8 x 20m (YOU choose stroke; 110%) +**
10 poolside push-ups after each .. exit pool correctly ..
walk back recovery
OR
- 2. 4 x 50m**
(15m 105% ► 20m 60-70% ► 15m 105%;
walk back recovery)
OR
- 3. 10 x Resistance Cords .. Resistance Strokes 110%**
(YOU choose stroke(s) .. F/S & B/K: 20; B/R & FLY: 12)
OR
- 4. 10 x Resistance (110%) ► Assistance (130%)**
(15-30 second recovery at the wall after assisted return)
Try to maintain speed after assistance diminishes

