

Focus: Endurance Training

Monday 2/22, Tues. 2/23

Warm Up:

200 Swim Choice

200 Pull Bilateral breathe pattern

4 x 50 Drill R: 10"

Odd 50's: Backstroke "OK" entry

Even 50's: Free One Goggle In, One Goggle Out
(600)

2x or 1x thru:

2 x 200/150 Free descend 1- 4

#1 R:20", #2 R:15", #3 R:10"

1 x 100 EZ Pull Recovery

2 x 150/100 Free descend 1- 4

#1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Pull Recovery

2 x 100/50 Free descend 1- 4

#1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Pull Recovery

(2400/1800)

1x thru:

1 x 200 Fast Free for Time

(200)