

Meat and Potatoes (2875 yds or 3600 yds)

Warm Up

200 swim

100 kick

200 pull

Main Set

Use your base interval for these. A base interval is the pace that you would swim at for a sustained aerobic effort (like 1000 yds.). Or, what interval would give you 10 seconds rest if you were doing 10X100's?

3 (or 4) Times Through:

300 (at a tight interval giving only 5-10 seconds rest ex. 4:30)

250 at same interval (ex. 4:30)

100 on base interval (ex. 1:30)

75 on same interval (ex. 1:30)

Cool Down

200 EZ

Tofurkey and Veggies (2700 yds)

Warm Up

200 swim

200 kick

200 pull

8 x 50 @ Base -:05 or R:05

Hold steady heart rate, don't race this.

Consistent Effort, Snorkel optional

4 x 100 Kick - no board R:10

50 Free/50 Back or Breast

5 x 100 R:30

Odds IM or Stroke - Best Effort

Even Free Recovery

3 x 200 Free @ base +:15 or R:20

Negative split, #3 Best effort

1 x 200 (if you have time)

Every fourth 25 Non-Free SPRINT

Last 5 minutes - Cool Down