

Focus: Breath Control

Wed. 3/17, Thurs. 3/18

Warm up

300 Swim + 200 Kick + 100 Pull + 8 x 25 Fast/EZ (800)

Transition Drills: Start Mid-Pool (5:00)

8 x 25 IMO into and out of walls

8 x 25 IMO Streamline & Break Outs

1 x 100 Ez Choice (500)

Breathe control and fast 25's

2 x 25 Free, minimal breathe R:45

1 x 50 EZ Choice @ 1:30

4 x 25 Breast, triple pull downs R:40

1 x 50 EZ Choice @ 1:30

6 x 25 Back, underwater until 20 yards R:35

1 x 50 EZ Choice @ 1:30

8 x 25 Fly, fewer than 3 breaths per 25 R:30

1 x 50 EZ Choice @ 1:30

6 x 25 Back, underwater until 15 yards R:35

1 x 50 EZ Choice @ 1:30

4 x 25 Breast, triple pull downs R:40

1 x 50 EZ Choice @ 1:30

2 x 25 Free, minimal breathe R:45 (1,100)

Cool down (5:40pm)

300 Ez Recovery