

Focus: Long Warm Up and Fast Swims

4/26-27/2021

WarmUp: (1,550)

1 x 500 SKIPS (100's: swim, kick, 'IM', pull, swim)

4 x 150 RIMO (50 kick, 50 drill, 50 swim)

3 x (3x50) R1= Free by 50's breathing 3-5-7,

R2= Free descend 1-4, R3= RIMO (no free)

Fast Swims: (2,450)

3 x 100 Kick - fins @1:50/2:00

3 x 50 Fast Free - fins @:45/1:00

1 x 200 Free R:20

3 x 100 Free Descend @base + :20

1 x 200 Pull R:20

3 x 100 Free Descend @base + :15

1 x 200/100 IM R:20

3 x 100 Free Descend @base + :10

1 x 200/100 Choice R:20

2 x 100 Free Descend @base + :05

1 x 100 Free Fast Timed

Breathing Patterns Warm Down: (300) (6:05pm)

25 Free R:30 + 50 Free E3rd @1:00

+ 75 Free E5th @1:30 - Repeat up to 25 Free; get

HR under 80 before getting out