

## Focus: Sprints and Breathe Pattern

4/5-4/6

### Warm up:

|                        |       |       |
|------------------------|-------|-------|
| 1 x 200 Swim           | R:15" |       |
| 1 x 200 Kick           | R:15" |       |
| 4 x 50 Pull - DPS      | R:15" |       |
| 8 x 25 Descend 1-4/5-8 | R:10" | (800) |

### Shallow Water Turn Drills: (4:55-5:05pm)

#### 100's Sprints + Breathing Pattern:

|   |       |        |
|---|-------|--------|
| 1 x 500 Free by 100's breathing every 3-5-3-5-3 |       |        |
| 1 x 100 Broken Fly by 25's build                | R:15" |        |
| 1 x 400 Free by 100's breathing every 4-2-4-2   |       |        |
| 1 x 100 Back Fast                               | R:20" |        |
| 1 x 300 Free by 100's breathing 3-5-3           |       |        |
| 1 x 100 Breast Fast                             | R:30" |        |
| 1 x 200 Free by 50's breathing 4-2-4-2          |       |        |
| 1 x 100 Free RACE                               |       |        |
| 1 x 100 Free by 25's breathing 3-5-3-5          |       |        |
| 1 x 100 IM RACE                                 |       | (2000) |

### Cool down:

1 x 300 EZ Recovery Swim