

Focus: Strengthening All Strokes (2 pages) 4/16

Warmup (1,200)

1 x 300 Swim @5:00

3 x 150 R-IMO no fly @2:15
(50 kick, 50 drill, 50 swim build)

9 x 50 Free

1-3 breathing 3-5-7 by 50;

4-6 free descend (#6 sprint); 7-9 RIMO no fly

Strengthening: (1,450+)

100 Free + 75 Free + 50 Free @base

3 x 25 Free @:30

1 x 50 Free Recovery @1:30

100 Breast+75 Breast+50 Breast @base +20"

3 x 25 Breast @:40

1 x 50 Free Recovery @1:30

100 Back+75 Back+50 Back @base +15"

3 x 25 Back @:30

1 x 50 Free Recovery @1:30

100 Fly + 75 Fly + 50 Fly @base +20"

3 x 25 Fly @:40

2 x 50 Free Recovery @1:30

(REPEAT - IF TIME)

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CoolDown: (6:00pm) (400)

25 Free breathing regular @ :30

50 Free breathing every 3 @ 1:00

75 Free breathing every 5 @ 1:30

100 Free breathing every 7 @ 2:00

75 Free breathing every 5 @ 1:30

50 Free breathing every 3 @ 1:00

25 Free breathing regular; @ :30

get heart rate under 80 (3,050+)