

Base: Determine Swim Base Pace

Friday

Warm Up:

200 Swim

200 Kick - Steady Pace (400)

Timed: (re-group 5:15pm)

1 x 500 Free (85%-90% Threshold Swim)

Determine interval base time - Divide your final time by the number "5". (500)

3 x 100 Free @Base +:15" (300)

2 x 100 EZ Non-Free (200)

Chipping Away:

12 x 25 Odd Free/Even Back DPS R:10"

1 x 300 Free R:30"

8 x 25 Kick Fast between Flags R:10"

1 x 200 Free R:20" (1000)

Cool Down: 200 EZ Swim Choice