

Base Training: 200's + Shorter Sets 5/21/2021

Warm up

300 Swim + 100 Kick + 4 x 50 Snorkel drill or Pull
6 x 25 descend DPS 1-3/4-6 (800)

200's + Shorter Swims

8 x 25 Swim with Fast kick	@:45	
1 x 50 EZ Swim	R:20"	
1 x 200 Steady	R:20"	
4 x 50 Swim with Fast kick	@ 2:00	
1 x 50 EZ Swim	@ 1:30	
1 x 200 Steady	R:20"	
2 x 100 Swim with Fast Kick	@2:30	
1 x 50 EZ Swim	@1:30	
1 x 200 Steady	R:20"	
1 x 50 EZ Swim	@1:30	
4 x 25 SPRINT	@:45	
1 x 50 EZ Swim	@1:30	(1,550)

Cool down: (5:50pm)

300 EZ Recovery/Sculling/Underwater Swim/Kick