

Base Training: Cinco de Mayo

5/5-6/2021

Warm Up:

200 Swim + 200 Kick + 200 Pull

6 x 50 "Snorkel" Drills

Swim (or Sinko) de Mile

1x thru: (Watch your start and finish time, then subtract 75"
from final time, for projected mile swim time)

2 x 100 Swim R:05"

2 x 25 Kick R:05"

2 x 75 Swim R:05"

2 x 25 Kick R:05"

3 x 50 Swim R:05"

2 x 50 Kick R:05"

4 x 25 Swim R:05"

1 x 50 Swim R:05"

4 x 25 Swim R:05"

2 x 50 Kick R:05"

3 x 50 Swim R:05"

2 x 25 Kick R:05"

2 x 75 Swim R:05"

2 x 25 Kick R:05"

2 x 100 Kick R:05"

(1650)

Cool Down: Last 3-5 minutes Ez Swim

Base Training: Cinco de Mayo

5/5-6/2021

Warm Up:

200 Swim + 200 Kick + 100 IM + 100 Pull

6 x 50 "Snorkel" Drills (800)

2x thru Vertical Kick-Sprint-EZ:

30" FAST Vertical Kick, 25 Swim Sprint, 100 Ez

Swim (or Sinko) de Mile

(1650)

1x thru: Broken 1650! - Two rest options:

One: Rest :05, subtract :50 from final time

Two: Rest :10, subtract 1:40 from final time

275 (11x25) + 250 (10x25) + 225 (9x25),

200 (8x25) + 175 (7x25) + 150 (6x25) +125 (5x25),

100 (4x25) + 75 (3x25) + 50 (2x25), 25 (1x25)

2x thru: Stroke Set R: 15-20"

(500)

1 x 50 Breast Kick on back

1 x 50 Breast - long glide, lengthen

1 x 50 Back Kick, no board

1 x 50 Back DPS

1 x 50 EZ Choice

Bonus: 5 minute Swim/Relay - track your distance