

Focus: Breathing Pattern + Race Pace 5/10-11/21

Warm up (700)

200 Swim + 100 Kick R:15

4 x 50 Choice *IMO* - 25 drill+25 build R:15

8 x 25 Descend 1-4 Stroke/5-8 Free R:10

Breathing Pattern + Race Pace (2,600/2,000)

1 x 200 by 50's *breathing* 3-5-7-3 by 50s *Base Pace*

4 x 25 *IMO* 75%-85% :30

1 x 100 EZ 2:00

1 x 200 by 50's *breathing* 3-5-7-3 by 50s *Base Pace*

4 x 50 Choice *IMO* 75%-85% *Base + :10*

100 EZ 2:00

1 x 200 by 50's *breathing* 3-5-7-3 by 50s *Base Pace*

4/2 x 100 IM *FAST* *Base + :20*

100 EZ 2:00

1 x 200 by 50's *breathing* 3-5-7-3 by 50s *Base Pace*

4/2 x 200 IM *FAST* *Base + :20*

Warm Down: (6:05pm)

EZ Swim, sculling, kick, stretch, lengthening strokes