

Focus: Determine Swim Base Pace

Friday

Warm Up:

200 Swim

200 Kick odd 25's fast/even 25's steady pace

8 x 25 R: 20" every 50

Odd 25: Sprint Free, 5 strokes off wall with no breathe, finish EZ, Even 25: EZ Fly (600)

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 +:05" (300)

1 x 200 EZ Non-Free (200)

Chipping Away:

12 x 25 IMO @:30"/45"

1 x 300 Free @Base +:10"

8 x 25 Kick Fast between Flags @:45"

1 x 200 Free @Base +:10"

4 x 25 Sprint Choice @45"

1 x 100 Free Ez Recovery (1200)

Cool Down: 200 EZ Swim Choice