

Base: Non-Free Training and 100 Challenge

Monday & Tuesday

Warm Up:

200 Free	R:10"	
200 Pull	R:10"	
200 Kick	R:10"	(600)

Short Axis Training: (5:15-5:25pm)

IM Training

2 x 50 - 25 SA Drill 25 free	R:15"	
2 x 50 - 25 back 25 free	R:15"	
2 x 50 - 25 SA Drill 25 free	R:15"	
2 x 100 IM - 25 drill + 25 swim	R:15"	(500)

100 Challenge: Hold Steady Pace

3 x 100 Free	R:10"	
3 x 100 Free	R:05"	(600)

Cool Down (5:50pm)

200 Kick Choice	R:10"	
200 Swim Choice, lengthen, stretch		(400)