

Base: Tri Training: tweak stroke & speed

Wednesday and Thursday

Warm Up: (500)

100 Free + 100 Pull + 100 Kick R:10"

8 x 25 Odd 25 Fast Kick/Even 25 Ez Kick

Speed Work - Kick: (5:10-5:20)

Tri Set: (1,250)

Maintain speed and gradually get faster

10 x 25 Choice @:45" or R:05"

R: 60"

5 x (25 flutter kick + 75 free/back swim) R:15"

R: 30"

5 x 100 Free gradually get faster @base+:10"

Cool Down: (5:55pm)

2 x 100 lengthen, loosen and stretch