

# Focus: Sprints and Breathe Pattern

Wednesday & Thursday

## Warm up:

1 x 200 Swim	R:15"	
1 x 200 Kick	R:15"	
4 x 50 Pull - DPS	R:15"	
8 x 25 Descend 1-4/5-8	R:10"	(800)

## Mid-Pool Turn Drills:

### 100's Sprints + Breathing Pattern:

1 x 500 Free by 100's breathing every 3-5-3-5-3	
1 x 100 Broken Fly by 25's build	R:15"
1 x 400 Free by 100's breathing every 4-2-4-2	
1 x 100 Back Fast	R:20"
1 x 300 Free by 100's breathing 3-5-3	
1 x 100 Breast Fast	R:30"
1 x 200 Free by 50's breathing 4-2-4-2	
1 x 100 Free RACE	
1 x 100 Free by 25's breathing 3-5-3-5	
1 x 100 IM RACE	(2000/1400/900)

## Cool down:

1 x 200 EZ Recovery Swim