

Tri Training: tweak stroke & increase speed

Wednesday and Thursday

Warm Up: (800)

200 Free + 200 Pull + 200 Kick R:10"

8 x 25 Odd 25 Fast non-free/Even 25 Ez Recovery

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

Tri Set: (2,000)

Maintain speed and gradually get faster

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

R: 60"

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

R: 30"

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

Cool Down: (5:55pm)

3 x 100 or 2 x 250: Pull