

Focus: Determine Swim Base Pace

Friday

Warm Up:

200 Swim

200 Pull

5 minute Vertical Kick choice, fwd/bkwd

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+)

Set:

Timed 1 x 500 Free (85%-90% Threshold Swim)

Get interval base time by dividing your final time by the number "5". (500)

5 x 100 Free at Base Time (5" rest at wall) (500)

1 x 200 EZ Non-Free (200)

2x or 1x (8 x 50) Stroke Choice

2 x 50's @ interval base +20"

2 x 50's @ interval base +15"

2 x 50's @ interval base +10"

2 x 50's @ interval base +05" (800/400)

Cool Down: 200 EZ Swim Choice