

Base: Endurance Training - 3 Timed Blocks Monday & Tuesday

Warm Up: (5:00 - 5:08)

200 Swim

200 Pull - Alternate 75 Free/25 Back (400)

First Block (16 minutes):

400 Free

4 x 25 Fly Drill - 3 R Single Arm, 3 L Single Arm

300 Free

4 x 25 Breast Drill - 1 pull-2 Kick (900+)

Second Block (16 minutes):

300 Back

4 x 50 - Breast (DPS) - Perfect pull out

200 Back

4 x 50 - Breast Kick (900+)

Third Block (16 minutes):

200 Free

2 x 75 - 50 Breast DPS/25 Breast Kick

100 Back

2 x 75 - 50 Breast DPS/25 Breast Kick (600+)

Cool Down: Choice stretch and lengthen