

Focus: Endurance Training - 3 Timed Blocks Monday & Tuesday

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

300 Swim

300 Pull - Alternate 75 Free/25 Back (600)

First Block (16 minutes):

500 Free

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

400 Free

4 x 25 Breast Drill - 1 pull-2 Kick (1100+)

Second Block (16 minutes):

400 Back

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

300 Back

4 x 50 - Fly (DPS) - streamline off wall (1100+)

Third Block (16 minutes):

300 Free

4 x 75 - 50 Breast/25 Fly (DPS)

200 Back

4 x 75 - 50 Breast/50 Fly (DPS) (1100+)

Cool Down: Choice stretch and lengthen