

Focus: Free Repeats & FAST 50's

Monday & Tuesday

Warm up

300 Swim	R:15"	
200 Kick	R:15"	
200 Pull	R:15"	(700)

Drill Sets: Breaststroke (5:10-5:20pm)

Free repeats & FAST 50's

1 x 200 Free (fins & paddles?)	@base +:15"	
breathing every 3-5-7-3 by 50's		
4 x 50 FAST Fly/Breast	@1:00/1:15	
1 x 200 Free (fins & paddles?)	@base +:15"	
breathing every 3-5-7-3 by 50's		
2 x 100 FAST Fly/Breast	@2:00/2:15	
1 x 200 Free (fins & paddles?)	@base +:15"	
breathing every 3-5-7-3 by 50's		
4 x 50 FAST Fly/Breast	@3:00/3:20	
1 x 200 Free (fins & paddles?)	@base +:15"	
breathing every 3-5-7-3 by 50's		
		(1400)

Bonus Set: 200 or 400 IM or Stroke (Relay?)

Cool down: (5:55) 300 EZ Recovery