

Base: Heart Rate Training

Wednesday & Thursday

Warm Up:

200 Swim

200 Pull

200 Breast Kick (600)

6x thru: Smooth Turns R:15"

Odd 50's Free - Smooth open or flip turn
(flip - no breath-2 strokes into turn)

Even 50's Non-Free Recovery Swim (300)

3x thru: R:10"

3 x 100

2 x 100 Free

1 x 75 Free/25 Breast (900)

2x thru: Swim or Pull R:10"

5 x 25 Match DPS

Odd 25's Free

Even 25's Back (250)

Cool Down:

1 x 200 Ez Swim