

Focus: Heart Rate Training

Wednesday & Thursday

Warm Up:

200 Swim

200 Pull

200 Breast Kick (600)

10x or 6x thru:

R:15

Odd 50's Fast Free -

no breath-2 strokes into and out of turn

Even 50's IMO Recovery Swim (500/300)

5x thru:

3 x 100

2 x 100 Free @base +:10

1 x 75 Free/25 Breast R:10 (1500)

1x thru: Swim or Pull

10 x 25 Match DPS @ base +:05

Odd 25's Free

Even 25's Back (250)

Cool Down:

1 x 200 Ez Swim