

Base: Endurance Blocks

Wednesday & Thursday

Warm Up: (600)

200 Swim + 200 Kick + 200 Pull

2x thru Vertical Kick Sprint: (150+)

30" Vertical Kick + 25 Swim Sprint + 50 Ez

10 Minute Swim: (300+)

25 Breast + 100 Free Swim + 25 Breast

50 Breast + 50 Free Swim + 50 Breast

Breaststroke Kick till time is up

1x thru: (repeat after 5 minute swim?) (300)

1 x 100 Swim (fins?) Odd 25 Fast R: 15"

1 x 100 Kick Even 25 Fast R: 15"

1 x 100 Pull B3/B5 R: 15"

5 Minute Swim: (250+)

25 Fly Drill + 50 Free Swim + 25 Fly Drill

50 Fly Drill + 50 Free Swim + 50 Fly Drill

Dolphin and Free Kick till time is up

Cool Down: 200 EZ Choice