

Focus: Determine Swim Base Pace

Friday

Warm Up:

200 Swim

200 Pull

3 minute Vertical Kick choice, fwd/bkwd

8 x 25 R: 20" every 50

Odd 25: Sprint Free, 5 strokes off wall with no breathe, finish EZ, Even 25: Breast DPS (600+)

Timed Swim:

Timed 1 x 500 Free (85%-90% Threshold Swim)

Get interval base time by dividing your final time by the number "5". (500)

3 x 100 Free at Base Time (5" rest at wall) (300)

1 x 200 EZ Non-Free (200)

3 x 100 Free Descend 1-3 (300)

4 x 50's Non-Free Choice, descending rest time

@ interval base +20"/+15"/+10"/+05" (400)

Cool Down: 200 EZ Swim Choice