

Focus: Drills, Sprint and Endurance

Friday

Warm Up:

200 EZ Free

200 Kick Mix

4 x 50 IMO - 25 Kick (no board) + 25 Swim

8 x 25 - Odd Non-Free Sprint, Even Ez Free (800)

Block 1 (5:15pm - 5:35pm)

2x thru: Drills and Recover Swim

2 x (6 x 25) Drills R:15"
(#1 Breast, #2 Fly)

1 x 200 Ez Free (1000)

Block 2 (5:35pm - 5:55pm)

2x thru: Sprints and Endurance

6 x 25 Sprint @:40 + 45" Vertical Kick
(#1 - Kick, #2 - Swim)

5:00 Swim for distance (300+)

Cool Down: 200 EZ Choice