

Focus: Endurance Blocks

Wed & Thurs.

Warm Up: (800)

300 Swim + 200 Kick + 300 Pull (75 Free/25 Back)

4x thru Vertical Kick Sprint: (300+)

30" Vertical Kick + 25 Swim Sprint + 50 Ez

10 Minute Swim: (450+)

25 Breast + 100 Free Swim + 25 Breast

50 Breast + 50 Free Swim + 50 Breast

2 x 75 Breaststroke

Breaststroke Kick till time is up

1x thru: (repeat after 5 minute swim?) (450)

1 x 150 Swim (fins?) Odd 25 Fast R: 15"

1 x 150 Kick Even 25 Fast R: 15"

1 x 150 Pull B3/B5 R: 15"

5 Minute Swim: (350+)

25 Fly + 100 Free Swim + 25 Fly

50 Fly + 50 Free Swim + 50 Fly

2 x 50 Fly

Dolphin Kick till time is up

Cool Down: 200 EZ Choice