

Focus: Long Warm Up - Free & NonFree

Monday & Tuesday

WarmUp

(1,200/600)

1x or 2x thru:

1 x 400 Swim Mix - 75 Free + 25 Kick

1 x 100 Pull Mix

2 x 50 Kick (fins?), descend - WU legs @:50

Free & NonFree Mix:

(1400/1000)

2/1 x 200 @3:45 or R:15"

50 (IMO) + 100 Free DPS + 50 (IMO)

1 x 100 EZ Recovery Choice R:20"

2/1 x 200 @3:30 or R:15"

50 NonFr + (4 x 25 Fast Kick) + 50 NonFr

1 x 100 EZ Recovery Choice R:20"

4 x 50 Kick IMO @1:15 or R:10"

4 x 50 Pull paddles & buoy @base or R:05"

CoolDown:

(300)

25 Free B5 + 50 Free B3 + 75 Free B2

75 Free B3 + 50 Free B5 + 25 Free B3