

Focus: Pace 50's for 200s & 400s

Wednesday & Thursday

Warm up

200 Swim + 200 Kick

R:15"

4 x 50 Odd Back/Even Breast Distance off Wall (600)

Maintain 200 Pace for 50's:

4 x 50 Free @1:00/1:10/1:15

3 x 50 Free @:55/1:05/1:10

2 x 50 Free @:50/1:00/1:05

1 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (700)

Maintain 400 Pace for 50's:

2 x 50 Fly @1:00/1:10/1:15

2 x 50 Back @:55/1:05/1:10

2 x 50 Breast @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Choice @4:00

8 x 25 Odds sprint stroke/Evens Ez Free @:30/:40

1 x 200 EZ Choice @4:00 (1000)

Bonus: 1 x 400 IM or Free (Broken or Relay?)