

Focus: Accelerators with Recovery

Wednesday

Warm Up:

500 Free, every fourth 25 Backstroke

200 Pull

Two minute vertical dolphin/breast kick (700+)

2x (5 x 25) Breast and Fly R:10 (250)

25 Kick, 25 Fist, 25 DPS, 25 Fist, 25 DPS

Medley Accelerators:

8/4 x 125 IMs @ base +:15 or R:20

*1 x 50 DPS Free after all fast rounds R:15

1 -2 50 fly, 25 back, 25 breast, 25 free

#2 faster than #1, * 50 DPS

3-4 25 fly, 50 back, 25 breast, 25 free

#4 faster than #3, * 50 DPS

5-6 25 fly, 25 back, 50 breast, 25 free

#6 faster than #5, * 50 DPS

7-8 25 fly, 25 back, 25 breast, 50 free

#8 faster than #7 * 50 DPS (1200/600)

5:45pm - 10 minute Swim

Cool Down:

1 x 100 EZ choice