

# Focus: Drills, Sprint and Endurance

Monday

## 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 (4 x 25 Drills + 2 x 25 Swim) R:15"

(R1 Breast, R2 Fly)

(Drills: 2k+1p, sculling, 3fly+3fr, stonesskipper)

1 x 200 Ez Free (1000)

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

### 2x thru: Sprints and Endurance

2x (3 x 25 Sprint @:40 + 25 Ez Kick)

(R1 - Breast or Fly, R2 - Free)

5:00 Swim for distance (300+)

## Cool Down: 200 EZ Choice