

Focus: Pacing with Fins

Friday

WarmUp

(600)

2 x 200 Free

2 x 100 Kick: 25 free + 25 stroke (repeat)

Drills: Mid-pool turns (5:10pm)

- Ez, Strong, Build, Amp, Sprint -

Fins on and Fins Off

(450)

3 x 100 Free hold pace with fins

@base

2 x 25 Kick Fast no fins

@:45

1 x 100 Recovery NonFree

2:00

1x thru:

(450)

4 x 75 Free hold pace (fins?)

@base

2 x 25 Kick Fast no fins

@:45

1 x 100 Recovery NonFree

2:00

1x thru:

(400)

3 x 50 Free hold pace (fins?)

@base

2 x 25 Kick Fast no fins

@:45

2 x 50 Fast Free

@ 1:15

1 x 100 Recovery NonFree

2:00

CoolDown

(350)

50 Free + 3x25 B5 + 100 B3 + 3x25 B5 + 50 Free