

Focus: Speed Training

Warm Up:

200 Swim

200 Pull

200 Breast Kick (600)

Start at the Flags R:15"

6 x 50 Streamline on Back + Fast Swims

Odd 50 : "SLOB" Kick (Breast, Back, Fly)

Even 50: Fast Swim Choice (300)

2x thru:

4 x 50 Free -> descend 50's @base +:10"

1 x 50 Ez (500)

2x thru:

8 x 50 -> 25 fast + 25 Ez @base +:20"

1 x 100 Ez (1000)

1x thru:

4 x 100 -> descend per 25 @base +:30" (400)

Cool Down:

1 x 200 Ez Swim