

Base: Mile Set

Wednesday & Thursday

Warm Up:

200 Swim

200 Pull

200 Kick

(600)

1x thru: (Watch your start and finish time, then subtract 75"
from final time, for projected mile swim time)

2 x 100 Swim R:05"

2 x 25 Kick R:05"

2 x 75 Swim R:05"

2 x 25 Kick R:05"

3 x 50 Swim R:05"

2 x 50 Kick R:05"

4 x 25 Swim R:05"

1 x 50 Swim R:05"

4 x 25 Swim R:05"

2 x 50 Kick R:05"

3 x 50 Swim R:05"

2 x 25 Kick R:05"

2 x 75 Swim R:05"

2 x 25 Kick R:05"

2 x 100 Kick R:05"

(1650)

Cool Down: Last 3-5 minutes Ez Swim