

Focus: Breathing Pattern + Race Pace

Monday

Warm up

(700)

200 Swim + 100 Kick R:15

4 x 50 Choice *IMO - 25 drill+25 build* R:15

8 x 25 Descend *1-4 Stroke/5-8 Free* R:10

Breathing Pattern + Race Pace

(1,800)

1 x 200 by 50's *breathing 3-5-7-3 by 50s* Base Pace

4 x 25 *IMO 75%-85%* :30

1 x 100 EZ Choice 2:00

1 x 200 by 50's *breathing 3-5-7-3* Base Pace

4 x 50 Choice *IMO 75%-85%* Base + :10

1 x 100 EZ Choice 2:00

1 x 200 by 50's *breathing 3-5-7-3 by 50s* Base Pace

2 x 100 IM *FAST* Base + :20

1x 100 EZ Choice 2:00

1 x 200 by 50's *breathing 3-5-7-3 by 50s* Base Pace

1 x 200 IM *FAST* Base + :20

Warm Down:

EZ Swim, sculling, kick, stretch, lengthening strokes