

Focus: Building Speed

Thursday & Friday

Warm Up

300 Free: Odd 50's finger tip drill

300 Pull: glide and catch

200 Free: 3rd 25 front scull (800)

Speeding Building

8/5 x 50 Kick: 25 moderate 25 fast R:10"

5/3 x 100 Free: descend pace each 100 R:10"

2 x 50: Back Recovery @ 1:00

5/3 x 100: Free Breathe pattern by 25's 3/4/5/6,

2 x 50: Back Recovery @ 1:00

500/300 Free: Race Pace

2 x 50: Back Recovery @ 1:00

(2,200/1,450)

Cool Down

300 Stretch, Lengthen, Scull