

Focus: Drills, Sprint and Endurance

Friday

Warm Up: (10 minutes then start Block 1)

200 EZ Free

200 Kick Mix

4 x 50 IMO - 25 Kick (no board) + 25 Swim (600)

Block 1 (20 minutes - then move to next block)

2x thru: Drills and Recover Swim

2 x (6 x 25) Drills R:15"

(#1 Breast, #2 Fly)

1 x 200 Ez Free (1000)

Block 2 (last 20 minutes)

2x thru: Sprints and Endurance

6 x 25 Sprint @:40 + 45" Vertical Kick

(#1 - Kick, #2 - Swim)

5:00 Swim for distance (300+)

Cool Down: 200 EZ Choice