

Focus: Efficient & Quick

Wednesday

WarmUp

1 x 300 Swim Mix - 75 Free + 25 "SLOB" Kick
2 x 100 Kick Mix Odd 50's EZ/Even 50's Fast
3 x 100 Free & Back Drill (early vertical arm)
 Odd 50's Fist Swim/Even 50's Swim DPS (800)

IM Transitions: 50's Efficient, 100's Strong Pace

4 x 50 25 Fly/25 Back R:15"
1 x 100 IM R:20"
1 x 50 Ez Recovery

4 x 50 25 Back/25 Breast R:15"
1 x 100 IM R:15"
1 x 50 Ez Recovery

4 x 50 25 Breast/25 Back R:15"
1 x 100 IM R:20"
1 x 50 Ez Recovery (1050)

4x thru:

4 x 50 IMO - Negative Split DPS

CoolDown: (buoys/paddles) (300)

25 Free B5 + 50 Free B3 + 75 Free B2
75 Free B3 + 50 Free B5 + 25 Free B3