

Focus: Endurance Training.II

Wednesday

Warm Up:

200 Free

200 Pull

Vertical Kick Choice 3-5 minutes (400+)

Drills:

4x (4 x 25) Odd Free/Even Back @ base or R:10

R1: "Shark Fin" Free (side kick)

R2: "L" Back

R3: "Glove Stroke" Swim Free

R4: "TouchDown" with "OKay" Back (400)

Endurance Training:

6 x 150 (50 Swim, 50 Pull, 50 Swim)

1-3 Free @ base +:10

4-5 Back @ base +:15

6 Choice (900)

8 x 50 Free descend DPS R:10 (400)

4 x 100 - Back - Best Average R:30" @ 100's

25 - R:05", 50 - R:10", 25 - Sprint (400)

1 x 200 EZ Choice (200)

3 x 200 R:05"

(50 kick / 100 Swim Fast / 50 kick) (600)