

Focus: Endurance Training. Part I

Monday

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: Single Arm (25 R/25 L)

R2: "TouchDown" Back

R3: Fist Swim Free

R4: "L" Back (400)

Endurance Training:

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

1-3 Free @ base +:10

4-5 Back @ base +:15

6 Choice (900)

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

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

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

1 x 200 EZ Choice (200)

3 x 200 Odd Back/Even Free R:05"

(50 swim / 100 Kick / 50 swim) (600)