

Focus: Distance

Wednesday

Warm Up

300 Swim - 200 Kick - 300 Pull (800)

8 x 50 @ base -:05 or R:05

Hold your heart rate, don't race this.

Consistent Effort, Snorkel optional (400)

2 x 100 Pull @ base +:10 or R:10

50 free/50 back (200)

3 x 200 R:30

Odds: IM or Non-Free Best Effort

Even: Free Recovery (600)

2 x 100 Pull @ base +10 or R:10 (200)

3 x 100 Free R:30

Negative split, #3 Best effort (300)

5:35pm: 1 x 400

Every fourth 25 Non-Free SPRINT (400)

5:45pm: 2 x 200

Every fourth 25 Non-Free SPRINT (400)