

## Base: New Year Test Sets

Wednesday

### Warm Up

4 x 100      Odd 100: 75 Free/25 "Triple Switch"  
Even 100: 75 Non-Free/25 Fist Swim

### Swimming Faster

1 x 300 - get split at 200      R:30"  
1 x 200 - get split at 100      R:30"  
1-3 x 100 - swim faster than 100 split from above  
(800)

### Endless 50's - How many 50's can you maintain?

Swim 1 x 50 at max effort.

Add 5 seconds to max effort, maintain that interval  
+ 5 seconds for send off time

1-5 x 50 (kick recovery and re-adjust interval)

6-10 x 50 (Very good - can you do better?)

11-15 x 50 (Awesome - move over Michael Phelps)