

Base: Accelerate with Recovery

Wednesday

Warm Up:

200 Free, every fourth 25 Backstroke

200 Kick

200 Pull (600)

2x (4 x 25) R1 Free, R2 Breast

25 Single Arm, 25 Fist, 25 DPS, 25 Fist (200)

Medley Accelerators + 50 Free: (700)

1 x 50 free, 25 back, 25 breast, 25 free R:20"

1 x 50 DPS Free (>20 DPS/25) R:15"

1 x 25 free, 50 back, 25 breast, 25 free R:20"

1 x 50 DPS Free (>20 DPS/25) R:15"

1 x 25 free, 25 back, 50 breast, 25 free R:20"

1 x 50 DPS Free (>20 DPS/25) R:15"

1 x 25 fly, 25 back, 25 breast, 50 free R:20"

1 x 50 DPS Free (>20 DPS/25) R:15"

5:40pm - 15 minute Swim - track your distance