

Base: Broken 200's and Steady Pacing

Monday

Warm Up:

200 Swim

200 Kick

200 Pull (600)

2 x (4 x 25) R:10 (200)

1-4 Breast Kick/4-8 Free Fist Swim

Broken 200's:

4 x 50 R:10
25 Fist Swim/25 Swim (200)

4 x 50 R:10
75 Free/25 Best Non-Free Fast (200)

2 x 100 Odd Kick/Even Pull R:15 (200)

2 x 200 BEST EFFORT each repeat (400)

1 x 200 EZ Choice (200)

Re-group at 5:45pm within lane pods

1 x 10 minute swim — track your distance