

Base: Broken 400's Controlled Pace

Wednesday

Warm Up: (No equipment)

200 Swim

100 Side Kick (triple switch + 8 kick)

4 x 50 (25 Free + 25 Back) (500)

Drill:

2x (8 x 25) R1-Breast & R2-Fly

R1: Odd Breast Kick/Even Breast DPS

R2: Odd Stone Skipper/Even Fly DPS (400)

Controlled Pacing:

8 x 25 Odd Fast Free/Even DPS Breast (200)

4 x 50 75% Effort R:10" (200)

4 x 100 R:10
75 Free/25 Best Non-Free (400)

2 x 100 Pull R:15" (200)

2 x 100 Kick R:15" (200)

5:35pm - Regroup lane pods

2 x 200 maintain consistent pace R:30" (400)