

Base: Mile Set

Monday

Warm Up:

200 Swim Mix + 200 Kick Mix

8 x 25 Swim Mix: Odd Fist Swim/Even DPS (600)

2x thru Kick-Sprint-EZ:

30" FAST Vertical or Kickboard Kick

+ 25 Sprint Swim + 100 Ez Swim (300)

1x thru: Broken 1650! -Two rest options (pick one):

One: Watch start and end time: R:05, subtract :50 from final time,

Two: Watch start and end time: R:10, subtract 1:40 from final time

275 (11x25),

250 (10x25),

225 (9x25),

200 (8x25),

175 (7x25),

150 (6x25),

125 (5x25),

100 (4x25),

75 (3x25),

50 (2x25),

25 (1x25) (1650)

Bonus: 5-10 minute Continuous Lane Pod Relay

(50's kick/pull/non-free choice) track total distance