

Focus: Broken 800's Controlled Pace

Wednesday

Warm Up: (No equipment)

200 Swim

100 Side Kick (triple switch + 8 kick)

4 x 50 (25 fast free + 25 Ez Back) (500)

Drill:

2x (8 x 25) R1-Free & R2-Back

R1: Odd Finger tip drag/Even Fist Swim

R2: Odd "Touchdown"/Even Fist Swim

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

R1: Odd Breast Kick/Even Breast DPS

R2: Odd Stone Skipper/Even Fly DPS (800)

Controlled Pacing:

8 x 50 75% Effort @ base +10" (400)

4 x 100 @ base +:05 or R:10
75 Free/25 Best Non-Free (400)

4 x 100 Pull @ base +:10 or R:15
Descend 1-4 (400)

5:30pm - Regroup lane pods

2 x 400 Negative Split R:30"-60" (800)