

Warm Up

6 x 100 Odd 100: 75 Free/25 "Triple Switch"
Even 100: 75 Non-Free/25 Fist Swim

Swimming Faster

1 x 500 - get split at 400 R:30"
1 x 400 - get split at 300 R:30"
1 x 300 - get split at 200 R:30"
1 x 200 - get split at 100 R:30"
1-5 x 100 - swim faster than 100 split from above
(1700)

Endless 50's - How many 50's can you maintain?

Swim 1 x 50 at max effort.

Add 5 seconds to max effort, maintain that interval
+ 5 seconds for send off time

1-5 x 50 (kick recovery and re-adjust interval)

6-10 x 50 (Very good - can you do better?)

11-15 x 50 (Awesome - move over Michael Phelps)