

Focus: Aerobic IM - Endurance

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-Breast & R2-Fly

R1: Odd Breast Kick/Even Breast DPS

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

Aerobic IM:

2x (50 Free + 25 Fly + 25 Free) R:10"

1 x 200 Ez Choice (400)

2x (50 Free + 25 Back + 25 Free) R:10"

1 x 200 Ez Choice (400)

2x (50 Free + 25 Breast + 25 Free) R:10"

1 x 200 Ez Choice (400)

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

6 x 100 - Consistent Pacing @base + 15"

Odd 100 IM/Even 100 Free (600)