

Base: Endurance Training

Monday 2/28

Warm Up: (no equipment)

200 Swim Choice

5 minute Vertical Flutter Kick - variable arm position

4 x 50 (25 fast free + 25 Ez back) (400+)

Drill:

2 x (4 x 50) Free - w/fins

R1: Side Kick "1 Goggle in, 1 Goggle out"

R2: Free Rhythm Drill - "single arm pull" (400)

Endurance:

4 x 100 - Free, #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Kick Recovery

4 x 50 - Back, #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Pull Recovery

4 x 25 - Free, #1 R:10", #2 R:05", #3 R:05"

1 x 100 EZ Kick Recovery (1000)

2x (75 Back + 25 Free) R:15" (200)

5:45pm: Timed Swim:

1 x 200 Free for Time (200)