

Base: Aerobic IM - Endurance

Wednesday

Warm Up: (No equipment)

200 Swim

4 x 50 Side Kick (triple switch + 8 kick) (fins?)

4 x 50 (25 fast free + 25 Ez Back) (600)

Drill:

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

R1: Odd 1 Pull-2 Kick/Even Breast DPS

R2: Odd "Angel Wings"/Even Fly DPS (400)

Aerobic IM:

1x (75 Free + 25 Fly + 75 Free + 25 Back)

1 x 100 Ez Choice (300)

1x (75 Free + 25 Back + 75 Free + 25 Back)

1 x 100 Ez Choice (300)

1x (75 Free + 25 Breast + 75 Free + 25 Breast)

1 x 100 Ez Choice (300)

4 x 75 - Consistent Pacing R:15"

Odd 75 Free/Even 75 Non-Free (300)