

Focus: Endurance Training

Monday 2/28

Warm Up: (no board or buoy)

300 Swim Choice

5 minute Vertical Flutter Kick - variable arm position

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

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:

3 x 200- Free descend, #1 R:20", #2 R:15", #3 R:10"

1 x 100 EZ Kick Recovery

3 x 150- Free descend, #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Pull Recovery

3 x 100- Back descend, #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Kick Recovery (1650)

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

2x (100 Back + 50 Free) R:15" (500)

5:50pm Timed Swim:

1 x 200 Fast Free for Time (200)