

Focus: Aerobic IM - Endurance

Wednesday 2/23

Warm Up: (No equipment)

300 Swim

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

4 x 50 (25 fast free + 25 Ez Back) (800)

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:

2x (75 FR + 25 Fly + 75 FR + 25 BK) R:15"

1 x 200 Ez Choice (600)

2x (75 FR +25 BK +75 FR +25 BR) R:15"

1 x 200 Ez Choice (600)

2x (50 FR + 25 Fly + 50 FR
+ 25 BK + 50 FR + 25 BR) R:15"

1 x 200 Ez Choice (750)

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400)

Cool Down: 200 EZ Choice