

## **Base: Endurance Training**

Monday 3/7

### **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)

### **4x thru Speed Training:**

30 second vertical flutter kick - strong and quick

1 x 25 Free Fast + 1 x 100 EZ Choice (500+)

### **1x thru Recovery Swim:** R:15"

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

1x (25 Back + 50 Free) + (25 Free + 50 Back) (350)

### **Drill:**

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

R1: Catch-Up Drill, R2: Paddle or Fist Swim (400)

### **5:45pm Timed Swim:**

1 or 2x 100 Free for Time (100)