

Focus: Aerobic Stroke Endurance

Wednesday, 3/16

Warm Up: (no board or buoy)

300 Swim Choice

5 minute Vertical Flutter Kick - forward and backward

6 x 50 (25 fast free + 25 Ez back) (600+)

Drill: Breaststroke & Fly (fins optional)

2 x (4 x 50)

R1: (25)-Kick on Back, (25)-Hands behind back

R2: (25)-3-Fly/3-Br, (25)-3 Fly/3 Free (400)

Aerobic IM: R:15-20"

2x (75 Fr +25 Fly +75 Fr +25 BK +75 Fr +25 BR)

1 x 200 Ez Choice (800)

2x (50 Fr +25 Fly +50 Fr +25 BK +50 Fr +25 BR)

1 x 200 Ez Choice (650)

1x (25 Fr+ 50 Fly+ 25 Fr +50 BK +25 Fr +50 BR +25 Fr)

1 x 200 Ez Choice (450)

6 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (600)

Cool Down:

1 x 200 EZ Choice (200)