

Focus: Aerobic Stroke Endurance

Wednesday, 3/9

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: Backstroke (fins optional)

2 x (4 x 50)

R1: Odd 25-Double Arm Backstroke, Even 25-"Okay"

R2: 6-Count Kick/Triple Switch (400)

Aerobic IM: R:15-20"

2x (75 FR +25 Fly +75 FR +50 BK +75 FR +25 BR)

1 x 200 Ez Choice (850)

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

1 x 200 Ez Choice (700)

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

1 x 200 Ez Choice (550)

5 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (500)

Cool Down:

1 x 200 EZ Choice (200)