

Focus: 50's

Wednesday 3/30

Warm up:

300 Swim

4 x 50 Kick: Odd Back/Even Breast -Distance off Walls

8 x (30" Vertical Kick + 25 Fast Swim IMO) (700+)

Maintain Free Pace for 50's:

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

Maintain IMO Pace for 50's:

3 x 50 Fly @1:00/1:10/1:15

4 x 50 Back @:50/1:00/1:05

3 x 50 Breast @:55/1:05/1:10

4 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

IMO Sprints:

16 x 25 Odds Sprint IMO/Evens Ez Free @:30/:40

1 x 200 EZ Choice @4:00 (600)