

Base: Distance Free - Negative Split

Wednesday and Thursday

Warm up

200 Swim

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

4 x 50 (25 Fist + 25 Catch up) (600)

Negative Split DPS Longer Swims by 1-2:

2 x 150 R:10"

1 x 300 Negative Split R:15"

1 x 200 R:15"

1 x 200 Negative Split (1000)

- Rest 2 minutes -

2 x 200 Pull R:20" (400)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns