

Focus: Distance

Wednesday & Thursday

Warm up:

200 Swim

4 x 75 - 25's (Back/Breast/Free)

4x (30" vertical kick + Odd 25 Fly/Even 25 Free)
(600)

Drill:

4 x 50 Free - w/fins

25's - Triple Switch (6 Kick + 3 Strokes)

25's - Free Rhythm Drill - "single arm pull"
(200)

Distance:

3 x 250 descend 1-3 @base +20"
1 x 250 Broken - Choice R:10"
(75 + 75 + 50 + 50)
1 x 400 Pull (B3) (1400)

3 x 100 descend 1-3 @base +10"
4 x (25 Back/25 Breast/25 Free) R:05"
1 x 200 Pull (B3) (800)

Cool Down:

3 x 100 Choice