

Focus: Middle Distance Free - Pull Sets

Friday

Warm up

300 Swim

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

6 x 50 Breast and Fly Drills

(25's 3 Fly/2 Breast + 25's DPS - Odd Fly/Even Br)

(900)

3x thru:

2 x 150 @ 85% R:15"

1 x 150 Pull R:15" (1350)

- Rest 60" -

2x thru:

2 x 150 Pull 85% R:15"

1 x 150 Swim Choice R:30" (900)

1x thru:

4 x 50 Odd Breast (1 pull + 2 kick) + Even Free

4 x 50 Odd Fly (RA/LA/Double) + Even Free (400)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns