

Base: Sprint - Maintain Fast 50's

Wednesday & Thursday

Warm Up:

200 Swim Choice

4 x 75 (50's Free Rhythm Drill + 25's Catch up Swim)

4 x 75 (50 Fly Drill + 25 Free)

200 Non-Free (25 Drill + 25 Kick + 50 Swim) (1000)

1x thru: Set Goal Time for Fast 50's and Maintain:

1 x 200 Moderate Pace

R:30"

1 x 100 First 50 Fast

R:20"

1 x 50 FAST

@:90"

1 x 100 Last 50 Fast

R:20"

2 x 50 FAST

@90"

1 x 100 EZ

3 x 50 FAST

@90"

(800)

Cool Down: 3 x (50 Fr + 50 Back) swim, kick, pull