

Focus: Distance - Descends

Monday & Tuesday

Warm up:

200 Swim Choice

100 Fist Swim

200 Free Swim

100 "Glove Stroke" Swim

100 Non-Free Swim

100 Fist with "Glove Stroke" Swim (800)

Negative Split and Descends second 75

4 x 150 Negative Split - Descend R:20"

1 x 200 Fast Swim R:30"

3 x 150 Negative Swim - Descend R:20"

1 x 200 Fast Swim R:30"

2 x 150 Negative Swim - Descend R:20"

1 x 200 Fast Swim R:30"

1 x 150 Negative Split R:20"

1 x 200 Fast Swim R:30" (2300)

Bonus Set:

2 x 300

(50 Kick/100 Drill/150 Swim - 3rd 50's faster)

Cool Down: 300 swim, kick, pull