

## Focus: Sprint - Maintain Fast 50's

### Wednesday & Thursday

#### Warm Up:

300 Swim Choice

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

4 x 75 (25 IMO + 25 Free + 25 IMO)

300 IMO (25 Drill + 25 Kick + 25 Swim) (1200)

#### 2x or 1x thru: Set Goal for Fast 50's and Maintain:

1 x 200 Negative Split

R:30"

1 x 100 Negative Split

R:20"

1 x 50 FAST

@:90"

1 x 100 Negative Split

R:20"

3 x 50 FAST

@90"

1 x 100 EZ

5 x 50 FAST

@90" (1900/950)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull