

Focus: Stroke - Moderate Pace

Friday

Warm up

200 Free Swim

200 IM Kick (SLOB and Side)

200 Free Swim

200 IM Drill (LA 3Fr/4Bk, SA 3Br/2Fly)

100 IM Kick (SLOB and Side)

100 IM Drill (LA 3Fr/4Bk, SA 3Br/2Fly)

200 IM Swim (1200)

Non-Free Swims Maintain Moderate Pace:

3 x 100 Non-Free R:15"

1 x 150 Free @base +15"

1 x 100 IM FAST R:30"

2 x 100 Non Free R:15"

1 x 150 Free @base +15"

1 x 100 IM FAST R:30"

3 x 100 Non Free R:15"

1 x 150 Free @base +15"

1 x 100 IM FAST (1550)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns/Kick