

Base: Free & Speed Changes

Wednesday & Thursday (Relays & Medleys)

Warm Up:

200 Swim Choice

2 x 100 FAST Kick (w/board) RI:20"

4 x 75

(50 Free Rhythm Drill + 25 Catch up Swim) (700)

(Thursday: Mini Swim Meet - Relays & Medley)

Speed Changes

3 x 100 Negative Split RI:15"

1 x 200 Swim- each 50 faster RI:20"

2 x 100 Negative Split RI:15"

1 x 200 Swim- each 50 faster RI:20"

1 x 100 Negative Split RI:15"

1 x 200 Swim- each 50 faster RI:20"

(1200)

1x to 2x thru:

1 x 50 Drill RI:20"

1 x 50 FAST @base +40"

1 x 25 Drill RI:20"

1 x 25 FAST @base +30" (150-300)

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