

Focus: Mid-Distance - Swim under Pace

Wednesday

Warm up:

200 Swim

2 x 300 (100 IM Drill + 4 x 50 Pull B4) (800)

Swim each 100 - 3 seconds under pace:

3 x 200 Descend 1-3 @base +30"

1 x 100 Ez

(60 minute swim start here >>>)

2 x 200 Descend 1-2 @base +30"

1 x 100 Ez

1 x 200 Pace -:03

1 x 100 Ez

4 x 100 Pace @base +15"

1 x 100 Ez (2000/1300)

Building Speed:

12/9 x 50 @ 1:00

4x/3x (50 Build + 50 Fast + 50 Ez) (600/450)

Cool Down:

200 Stroke Choice