

Base: Stroke - Moderate Pace

Wednesday

Warm up:

200 Free Swim + 200 Kick Choice + 200 Free Swim
100 Kick Choice + 100 Drill (LA 3Fr/4Bk or SA 3Br/2Fly)
(800)

Non-Free Swims Maintain Moderate Pace:

3 x 100 Non-Free	R:15"	
1 x 100 Free	R:15"	
2 x 100 Non-Free	R:15"	
1 x 150 Free	R:15"	
3 x 100 Non-Free	R:30"	
1 x 200 Free	R:15"	(1250)

Cool down:

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