

Focus: Distance Free - Negative Splits

Friday

Warm up

300 Swim

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

4 x 50 (25 Fist + 25 Catch up) (700)

Negative Split Longer Swims by 10":

3 x 150 Steady Pace R:10"

2 x 300 Negative Split R:20"

1 x 200 Steady Pace R:15"

1 x 400 Negative Split (1650)

- Rest 2 minutes -

1 x 200 Kick Choice R:20"

2 x 200 Pull R:20"

1 x 200 Kick Choice (800)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns