

Focus: Middle Distance Free - Pull Sets

Friday

Warm up

300 Swim

300 Kick

6 x 50 Breast and Fly Drills - Odd 50s Fly/Even 50s Br
(25's 3 Fly/2 Breast + 25's DPS)

(900)

3x or 2x thru:

2 x 150 Free or Back @ 85%

R:15"

1 x 150 Pull

R:15"

(1350/900)

- Rest 60" -

2x thru:

2 x 150 Pull @ 85%

R:15"

1 x 150 Swim Choice

R:30"

(900)

1x thru:

4/2 x 50

Odd 50 Breast (1 pull + 2 kick) + Even 50 Free

4/2 x 50

Odd 50 Fly (RA/LA/Double no breathe) Even 50 Free

(400)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns