

Focus: Stroke - Moderate Pace

Wednesday

Warm up:

200 Free Swim + 200 IM Kick + 200 Free Swim

200 IM Drill + (LA 3Fr/4Bk, SA 3Br/2Fly) + 100 IM Kick

100 IM Drill (LA 3Fr/4Bk, SA 3Br/2Fly) + 200 IM Swim

(1200)

Non-Free Swims Maintain Moderate Pace:

3 x 100 Non-Free R:15"

1 x 150 Free R:15"

1 x 100 IM FAST R:30"

2 x 100 Non-Free R:15"

1 x 150 Free R:15"

1 x 100 IM FAST R:30"

3 x 100 Non Free R:15"

1 x 150 Free R: 15"

1 x 100 IM Fast

(1550)

Cool down:

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