

Base: Middle Distance Free - Pull Sets

Monday & Friday

Warm up

200 Swim

200 Kick

200 IM Drill

2 x 50 25's Breast (1 pull + 2 kick) + 25's Free

2 x 50 25's Fly (R/L/Double) + 25's Free (600)

2x thru:

2 x 100 Free or Back @ 85% R:15"

1 x 100 Pull R:15" (600)

- Rest 60" -

2x thru:

2 x 100 Pull @ 85% R:15"

1 x 100 Swim Choice R:30" (600)

1x thru: Drill + Swim

8 x 50 (Odd 50's Back & Even 50's Breast)

Back: 25's Hesitation or Tap Drill + 25's DPS <20

Breast: 25's 2 Fly/3 Breast + 25's DPS <10 (400)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns