

Base: Sprint - Maintain Fast 50's

Friday

Warm Up:

200 Free

2 x 75 (50's Free Rhythm Drill + 25's Catch up Swim)

2 x 75 (25 Non-Free + 25 Free + 25 Non-Free)

200 Swim

200 Kick

(900)

Set Goal for Fast 50's and Maintain:

1 x 200 Cruise Pace R:30"

1 x 100 Negative Split R:20"

1 x 50 FAST @:90"/110"

1 x 100 Negative Split R:20"

3 x 50 FAST @:90"/110"

1 x 100 EZ

5 x 50 FAST @:90"/110"

(950)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull