

Focus: Distance & Negative Splits

Wednesday

Warm up:

200 Free Swim

200 Kick Choice

200 Pull Choice

200 Back Swim

(800)

Negative Split Longer Swims by 10 seconds:

4 x 150 Odd Free/Even Free

RI:10"

2 x 300 Negative Split

@base +15"

2 x 200 Odd Free/Even Free

RI: 15"

1 x 400 Negative Split

(2000)

1:00 minute rest

2 x 200 Pull

1 x 200 Moderate Kick Choice

(600)

Cool Down: 3 x 100 Choice