

Focus: Sprint - Maintain Fast 50's

Friday

Warm Up:

300 Free

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

4 x 75 (25 IMO + 25 Free + 25 IMO)

200 Swim

200 Kick

200 IM (25 Drill + 25 Kick) (1500)

1x or 2x thru: Set Goal for Fast 50's and Maintain:

1 x 200 Negative Split R:30"

1 x 100 Negative Split R:20"

1 x 50 FAST @:60"/75"/90"

1 x 100 Negative Split R:20"

3 x 50 FAST @:60"/75"/90"

1 x 100 EZ

5 x 50 FAST @:60"/75"/90" (950/1900)

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