

Bonus: Consistent Pace
Wednesday & Thursday

Warm Up: Streamline off walls

200 EZ Free + 200 Kick + 200 Non-Free (600)

Drills: re-group within lane pods & give each other feedback

8 x 25 Mid-Pool Turns: Fast, Streamline (200)

Consistent Pacing:

1x thru: Moderate Pace Swim R: 15"

4 x 75 Swim 25 Fly/25 Free/25 Back

4 x 75 Swim 25 Back/25 Free/25 Breast (600)

2x thru: Best Effort Pace @base +20"

3 x 100 - R#1 Free, R#2 Back (600)

Pyramid Pull: R: 10"

75/150/75 (300)

Last 15 minutes - Lane pods regroup

10 Minute Swim - track your distance