

Focus: Consistent Pace

Wednesday & Thursday

Warm Up: Streamline off walls

300 EZ Free + 200 Kick + 300 Non-Free (800)

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"

100/200/100 or 50/100/50 (400/200)

Last 20 minutes - Lane pods regroup

15 Minute Swim - track your distance