

Focus: Sprint - Tune Up

Friday

Warm Up:

400 Swim Choice

6 x 75 (50's Rhythm Drill, 25's DPS) R:20" (850)

Sprint Tune Up:

4 x 25 Swim each 25 faster R:20"
1 x 75 (25 Drill/25 Swim/25 Drill) R:20"
1 x 25 Fast Swim R:30"
3 x 100 Negative Split @base +15"
1 x 200 Swim each 25 faster R:25"
2 x 100 Negative Split @base +15"
2 x 200 Swim each 50 faster R:25" (1300)

(90 minute swim)

1 x 100 Negative Split R:15"
3 x 200 Swim each 50 faster R:25" (700)

3x or 4x thru:

50 Drill R:20"
50 Fast @base +20"
25 Drill R:20"
25 Fast @35" (450/600)

Drill Options:

One goggle in/One goggle out, Rhythm drill, Single Arm, Top Hat

DPS - decrease each length by 1

Fist or Fulcrum Paddle or Paddle on forearm

Finish power phase at hip, Relaxed recovery phase