

Focus: Sprints and Breathe Pattern

Monday & Tuesday

Warm up:

1 x 200 Swim	R:15"	
1 x 200 Kick	R:15"	
4 x 50 Pull - DPS	R:15"	
8 x 25 Descend 1-4/5-8	R:10"	(800)

Re-Group: Open & Flip Turn Drills: (10 minutes)

Sprints + Breathe Pattern by 100's (25's or 50's):

1 x 500 Free by 100's breathing every 3-5-3-5-3		
1 x 100 Broken Fly by 25's build	R:15"	
1 x 400 Free by 100's breathing every 4-2-4-2		
1 x 100 Back Fast	R:20"	
1 x 300 Free by 100's breathing 3-5-3		
1 x 100 Breast Fast	R:30"	
1 x 200 Free by 50's breathing 4-2-4-2		
1 x 100 Free RACE		
1 x 100 Free by 25's breathing 3-5-3-5		
1 x 100 IM RACE		(2000)

Cool down:

1 x 300 EZ Recovery Swim