

Base: Middle Distance - Speed Changes

Monday & Tuesday

Warm up

200 Swim Choice

2 x 100 Kick Choice R:10"

8 x 25 Swim (Odd Free Fast/Even EZ Non-Free)

4 x 50 Kick Choice R:10" (800)

Speed Change on Straight Swims:

2 x 75 (25 K + 25 Dr + 25 Sw) R:15"

1 x 100 Each 25 Faster R:15"

2 x 75 (25 K + 25 Dr + 25 Sw) R:15"

1 x 200 Each 50 Faster R:15"

2 x 75 (25 K + 25 Dr + 25 Sw) R:15"

1 x 400 Each 100 Faster R:15"

2 x 75 (25 K + 25 Dr + 25 Sw) R:15" (1300)

Cool down:

3 x 100 EZ Swim/Kick/Perfect Turns