

Base: Sprint Free & Speed Changes

Friday

Warm Up:

200 Swim Choice

4 x 75

(50 Free Rhythm Drill + 25 Catch up Swim- DPS)

1 x 100 FAST Kick (w/board) RI:20"

1 x 75 (25 Drill/25 Swim/25 Drill) RI:25"

1 x 25 FAST Choice RI:30" (700)

Speed Changes

2 x 100 Negative Split RI:15"

1 x 100 Swim- each 50 faster RI:25"

2 x 100 Negative Split @base +15"

2 x 100 Swim- each 50 faster @base +25"

1 x 100 Negative Split RI:15"

3 x 100 Swim- each 50 faster @base+25" (900)

1x thru:

1 x 50 Drill RI:20"

1 x 50 FAST @base +40"

1 x 25 Drill RI:20"

1 x 25 FAST @base +30"

1 x 50 EZ Swim (200)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull