

Focus: Distance & 100's Best Average

Wednesday & Thursday

Warm up:

400 Free Swim

2x (100 Kick + 50 Fist Swim + 50 Catch up)

200 Pull

200 Non-Free Swim (1200)

100's Best Average Goal:

1 x 300 N/S @base +30"

2 x 150 Descend to 95% @base +20"

1 x 200 N/S @base +30"

2 x 100 Descend to 95% @base +30"

1 x 100 N/S @base +30"

2 x 50 Descend to 95% @base +20"

1 x 100 Ez R:30"

4 x 100 Best Average Goal @base +30" (1700)

Cool Down: 3 x 100 Choice – Swim/Drills/Kick