

Focus: Middle Distance- 100's & 300's

Monday and Tuesday

Warm up

400/200 Swim Choice

2x (50 Kick/50 Drill/50 Kick/50 Drill)

2x (50 Drill/50 Swim/50 Drill/50 Swim) (800/600)

DPS and Builds: *(see drill options below)

1 x 150 (50 Kick/50 Drill/50 DPS) R:20"

1 x 200 (50 Kick/50 Drill/100 DPS) R:20"

1 x 250 (50 Kick/50 Drill/150 Build) (600/350)

1x or 2x thru: Descend 100's to pace, hold pace on 300

3 x 100 Descend R:15"

1 x 300 @ Pace R:15"

1 x 150 (50 Swim/50 Kick/50 Swim) R:15"

1 x 150 (50 Kick/50 Swim/50 Kick) R:30" (1800/900)

8 x 25 Odd 25 Drill/Even 25 Fast (200)

Cool Down: 2 x 100 EZ Recovery/Perfect Turns

*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