

Focus: Broken 400's & Controlled Pace

Wednesday & Thursday

Warm Up:

200 Swim

100 Side Kick (triple switch + 8 kick)

4 x 50 (25 fast free + 25 Fist Swim) (500)

Pacing: Predict best time

1 x 400 (400)

Drill:

2x (8 x 25) R1-Free & R2-Back

R1: 1 Goggle in & 1 Goggle Out/Rhythm Drill

R2: Streamline/Stroke Count Challenge (400)

Controlled Pacing:

8 x 50 Negative Split @ base +10" (400)

4 x 100 Pull Descend @ base +:10" (400)

4 x (75 Non-Free/25 Free) @ base +:05 (400)

Pacing: Predict Best Time

1 x 400 Negative Split R:30"-60" (400)