

Focus: Broken 400's and Steady Pacing

Monday and Tuesday

Warm Up:

200 Swim

200 Kick 50 Back Kick/50 Side Kick (triple switch + 8 kick)

4 x 50 (25 fast free + 25 Ez Back) (600)

Short Axis Drill:

2x (8 x 25) R1-Breast & R2-Fly

R1: Odd Breast Kick/Even Breast DPS

R2: Odd Stone Skipper/Even Fly DPS (400)

Broken 400's:

8 x 50 @ base or R:10

25 Fist Swim/25 Swim (400)

4 x 100 @ base +:10 or R:10

75 Free/25 Best Non-Free Fast (400)

4 x 100 Odd Kick/Even Pull R:15 (400)

2 x 200 BEST EFFORT each repeat (400)

1 x 200 EZ Choice (200)

Bonus: 1 x 10 minute swim — track your distance