

Focus: 400's Controlled Pace

Monday & Tuesday

Warm Up:

300/200 Swim

200 Side Kick (triple switch + 8 beat kick)

6/4 x 50 (25 fast free + 25 Ez Back) (800/600)

Drill: (400)

2x (8 x 50) R1-Free & R2-Back

R1: Odd 50 Finger tip drag/Even 50 Fist Swim

R2: Odd 50 "Touchdown"/Even 50 Fist Swim

Timed Swim: 1 x 400 Free Steady Pace (400)

Controlled Pacing:

8 x 50 75% Effort @ base +10" (400)

4 x 100 @ base +:05 or R:10

75 Free/25 Best Non-Free (400)

4 x 100 Pull @ base +:10 or R:15

Descend 1-4 (400)

Timed Swim: 1 x 400 Negative Split (400)