

Focus: Aerobic IM - Endurance

Wednesday & Thursday

Warm Up:

200 Swim

4 x 50 Kick 25 SLOB/25 Breast hand lead kick

4 x 50 (25 Free + 25 Fly) (600)

Drill:

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd 1 Pull-2 Kick/Even Breast DPS

R2: Odd "Angel Wings"/Even Fly DPS (300)

Aerobic IM:

2x (75 Free + 25 Fly + 75 Free + 25 Fly) R:15"

1 x 200 Ez Choice (600)

2x (75 Free +25 Back +75 Free +25 Back) R:15"

1 x 200 Ez Choice (600)

2x (75 Free +25 Br +75 Free +25 Br) R:15"

1 x 200 Ez Choice (600)

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400)