

Focus: Distance Training

Monday & Tuesday

Warm Up:

300/200 Swim

4/3 x 50 Side Kick + 4/3 x 30" Vertical Kick

300/200 Pull (800/550)

Drill:

2x (6 x 25) R1-Free & R2-Back

R1: Odd Finger tip drag/Even "Glove Stroke"

R2: Odd "Touchdown"/Even "L"

4 x 50 Match DPS (25 Free + 25 Back) (500)

Distance:

6 x 50 @ base -:05 or R:05 (300)

3 x 100 Pull (50 free/50 back) R:10 (300)

3 x 200 Best Effort R:30

Odds: 75 Back + 50 Breast + 75 Back

Even: Free Recovery (600)

1 x 400 (75 Free + 25 Non-Free)
- 4th 25 Non-Free SPRINT (400)

1 x 200 (75 Non Free + 25 Free)
- 4th 25 Free SPRINT (200)