

Focus: Endurance Training

Friday

Warm Up:

300/200 Swim Choice

6/4 x 50 Side Kick (triple switch + 8 kick) (fins?)

4 x 50 (25 fast free + 25 Ez back)(fins?) (800/600)

Drill:

2 x (8/4 x 25) R1-Free, R2-Back

R1: Odd Goggle In, Goggle Out/Even Finger Drag

R2: Odd "L"/Even "Okay" Entry (400/200)

Endurance:

3 x 200/150- Free #1 R:20", #2 R:15", #3 R:10"

1 x 100 EZ Kick Recovery

3 x 150/100- Free #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Pull Recovery

3 x 100/50- Back #1 R:15", #2 R:10", #3 R:05"

1 x 100 EZ Choice Recovery (1400/1200)

Bonus #1:

4x (25 Back + 25 Free) R:15"

2x (75 Back + 25 Free) R:15" (400)

Bonus #2: 1 x 200 Fast Free for Time (200)