

Focus: Endurance Training

Monday & Tuesday

Warm Up:

300 Swim Choice

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

4 x 50 Fast (25 free + 25 back) (800)

Drill:

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

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

R2: Odd "L" slide & glide/Even "Okay" Entry (300)

Endurance:

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

1 x 100 Back Kick Recovery

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

1 x 100 Back Kick Recovery

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

1 x 100 EZ Kick or Pull Recovery (1400)

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

2x (100 Back + 50 Free) R:15" (500)

Timed Swim: (Last 10 minutes)

1 x 200 Fast Free for Time (200)