

Focus: Aerobic Stroke Endurance

Monday & Tuesday

Warm Up:

200 Swim Choice

200 Kick

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

Drill: 3 x (4 x 25) Backstroke (fins?)

R1: Odd 25-Double Arm Backstroke, Even 25-"Okay"

R2: 6-Count Kick/Triple Switch

R3: DPS decrease by 1 each length (300)

Aerobic IM: R:15-20"

2x (50 FR +25 Fly +50 FR +50 BK +50 FR +25 BR)

1 x 100 Ez Choice (600)

2x (25 FR +25 Fly +25 FR +50 BK +25 FR +25 BR)

1 x 100 Ez Choice (450)

2x (50 FR +25 Fly +50 FR +50 BK +50 FR +25 BR)

1 x 100 Ez Choice (600)

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400)

Cool Down:

1 x 200 EZ Choice (200)