

# Focus: Aerobic Stroke Endurance

Wednesday & Thursday

## Warm Up:

400 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 (75 FR +25 Fly +75 FR +50 BK +75 FR +25 BR)

1 x 100 Ez Choice (750)

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)

5/3 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (500/300)

## Cool Down:

1 x 200 EZ Choice (200)