

Focus: Distance Training

Monday & Tuesday

Warm Up:

3 x (75 Build/25 SLOB Kick) R:10"
4 x 75 Free and Back DPS R:10"
8 x 25 Fast Swim IMO (800)

Timed:

1 x 100 Backstroke & 1 x 100 Free (200)

Main:

5 x 100 Free Cruise Pace base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
4 x 100 Free Build base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
3 x 100 Free Descend base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
2 x 100 Free Fast base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
(2,000)

Timed: 1 x 100 Free, 1 x 100 Backstroke