

Focus: Distance

Wednesday & Thursday

Warm up:

200 Swim

4x (30" vertical kick + Odd-25 Br/Even-25 Free

4 x 75 - 25's (Fast/DPS/Fast) (600)

Drill:

4 x 50 Free - (fins?)

25's - Free Rhythm Drill - "single arm pull"

25's - Triple Switch (6 Kick + 3 Strokes) (200)

Distance:

3 x 100 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 200 Pull (B3) (800)

3 x 250 descend 1-3 @base +20"

1 x 250 Broken - Choice R:10"

(75 + 75 + 50 + 50)

2 x 200 Pull (B3) (1400)

Cool Down:

3 x 100 Choice, Kick, Scull