

Focus: Distance Training

Monday & Tuesday

Warm Up:

- 3 x (75 Ez Swim/25 Fingertip drag) R:10"
- 4 x 75 Kick Choice R:10"
- 4 x (30" Vertical Kick + 25 Fast IMO + 25 EZ) (800)

Backstroke and Freestyle Drills:

- 1 x 150: 25 "Touchdown"/25 6 kick:3 stroke
- 2 x 50 Back DPS

Timed: 1 x 100 Backstroke,

- 1 x 150: 25 "Y"/25 6 kick:3 stroke
- 2 x 50 Free DPS

Timed: 1 x 100 Free (500)

Main: (2,000/1350)

- 5 x 100 Free Cruise Pace base @+10"
- 1 x 150 Choice 50 Fist/75 SLOB Kick/25 Fist R:15"
- 4 x 100 Free Build base @+10"
- 1 x 150 Choice 50 Fist/75 SLOB Kick/25 Fist R:15"
- 3 x 100 Free Descend base @+10"
- 1 x 150 Choice 50 Fist/75 SLOB Kick/25 Fist R:15"
- 2 x 100 Fast Odd Free/Even Back base @+15"
- 1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"