

Focus: Distance

Monday & Tuesday

Warm up:

300 Swim

4 x 75 - 25's (Back/Breast/Free)

4x (25 SLOB Kick + 25 Fist Swim) (800)

Drill:

4 x 50 Free - w/fins

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

25's - Free Rhythm Drill - "single arm pull" (200)

Distance:

3 x 250/200 descend 1-3 @base +20"

1 x 250 Broken - Choice R:10"
(75 + 75 + 50 + 50)

1 x 400/300 Pull (B3) (1400/1150)

1 x 200 Kick Choice

3 x 100/50 descend 1-3 @base +10"

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

1 x 200/100 Pull (B3) (1000/750)

Cool Down:

3 x 100 Choice