

Focus: Distance - Descends

Monday & Tuesday

Warm up:

200 Swim Choice

100 Kick

200 Free Swim

100 "Fist" Swim (upside down paddle optional)

8 x 25 Odd Fast Choice/Even Ez Free (800)

Negative Split and Descends second 75

3 x 150 Negative Swim - Descend R:20"

1 x 200 Fast Swim R:30"

2 x 150 Negative Swim - Descend R:20"

1 x 200 Fast Swim R:30"

1 x 150 Negative Split R:20"

1 x 200 Fast Swim R:30" (1700)

Bonus Set Choices:

(1) 2 x 300

(150 Pull/150 Swim - 3rd 50's faster) (600)

(2) Hold steady pace

10x 25 fly + 10x 50 breast (750)

Cool Down: 300 mix - swim, kick, pull