

Focus: Sprint – Maintain Fast 50's

Wednesday & Thursday

Warm Up:

300 Swim Choice

4 x 75 (50's Rhythm Drill + 25's Catch up Swim)

4 x 75 (25 IMO + 25 Free + 25 IMO) (900)

2x or 1x thru: Set Goal for Fast 50's & Maintain:

1 x 200 Negative Split R:30"

1 x 100 Negative Split R:20"

1 x 50 FAST @:90"

1 x 100 Negative Split R:20"

3 x 50 FAST @90"

1 x 100 EZ

5 x 50 FAST @90" (1900/950)

Bonus Sets: Choice

(1) 2 x 300

(150 Swim/150 Pull – Middle 50's faster) (600)

(2) Hold steady pace

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

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull