

Focus: Sprint Free & Speed Changes

Wednesday & Thursday

Warm Up:

300/200 Swim Choice

2 x 100 FAST Kick (w/board) RI:20"

4/2 x (50 Free Rhythm Drill + 25 "Glove" DPS)

8/6 x 25 Odd Fast/Even Ez RI:20" (1000/700)

Speed Changes

3 x 100 Descend 1-3 @base +15"

1 x 200 Swim- each 50 faster @base +25"

2 x 100 Descend 2nd 50's @base +15"

2 x 200 Swim- each 50 faster @base +25"

1 x 100 Ez Swim Choice RI:15" (1200)

Bonus Options: Pick one of two choices

2x/1x (50 Kick + 50 FAST) @base +20"

2x/1x (25 Kick + 25 FAST) @base +10" (150-300)

3/2 x 200 Swim- each 50 faster @base +25" (600)

10x "Check Off" Challenge: Start small and steady

2 x (5 x 25 Fly) (250)

2 x (5 x 50 Breast) (500)

2 x (5 x 75 Backstroke) (750)

2 x (5 x 100 IM) (1000)

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