

Focus: Targeted Speed Work

Monday & Tuesday

Warm Up:

200 Swim Choice + 200 Kick

200 Swim Choice + 200 Pull (800)

Build:

8 x 50 - Build every 3rd 50, Fast 7 & 8 50's (450)

Goal Meet Interval on 2nd Half Segment

Round 1 (1150)

* 4 x 75 Free + 1 x 100 Free @ 1:20/1:30/1:40/1:50

* 3 x 75 Free + 1 x 100 Free @ 1:20/1:30/1:40/1:50

* 2 x 75 Free + 1 x 100 Free @ 1:20/1:30/1:40/1:50

* 1 x 75 Free + 1 x 100 Free @ 1:20/1:30/1:40/1:50

Round 2 (450)

* 4 x 25 Free + 1 x 50 Free @ :45/:50/:55/1:00

* 3 x 25 Free + 1 x 50 Free @ :45/:50/:55/1:00

* 2 x 25 Free + 1 x 50 Free @ :45/:50/:55/1:00

* 1 x 25 Free + 1 x 50 Free @ :45/:50/:55/1:00

Bonus Option:

Skip Round 2 jump to "10x Challenge"

Cool Down:

3x (50 Free + 50 Back) - Swim, Kick, Pull Choice