

Focus: Continuous Swim & Targeted Speed Work

Wednesday & Thursday

Warm Up:

200 Swim Choice + 200 Kick

200 Swim Choice + 200 Pull (800)

Drill:

8 x 50 Stroke Choice - 25 Fist/25 DPS (400)

Goal: Meet Interval on 2nd Half Segment

Round 1 @ 2:45/3:15/3:30/3:45 (2300)

* 4 x 150 Free + 1 x 200 Free

* 3 x 150 Free + 1 x 200 Free

* 2 x 150 Free + 1 x 200 Free

* 1 x 150 Free + 1 x 200 Free

Round 2 @ 1:20/1:30/1:40/1:50 (1150)

* 4 x 75 Free + 1 x 100 Free

* 3 x 75 Free + 1 x 100 Free

* 2 x 75 Free + 1 x 100 Free

* 1 x 75 Free + 1 x 100 Free

Bonus Option:

Skip Round 2 jump to "10x Challenge"

Cool Down:

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