

Focus: Pace Variety

Wednesday & Thursday

Warm Up (focus on form, raise heart rate)

200 Swim choice

4 x 100 (25 RA/25 S-B3/25 LA/25 S-B5)

4 x 50 25 Free/25 Fly R:10" (800)

Stroke Mix: Kick-Swim-EVf: R:10"

150 Kick + 50 Swim Fast + 150 Fist DPS

100 Non-Free + 100 Kick Fast + 100 Non-Free

100 Fist DPS + 100 Swim Fast + 50 Kick

50 Fist DPS + 50 Swim Fast (1000)

4 x 50 Free Descend 1-4 Best Finish (200)

How many rounds can you complete? (Non-Free?)

2 x 50 drill @ 60" + 2 x 50 Fast @ 50"/55"/60"

2 x 50 drill @ 60" + 2 x 50 Fast @ 45"/50"/55"

2 x 50 drill @ 60" + 2 x 50 Fast @ 40"/45"/50"
(600+)

Cool Down:

3 x 100 (25 RA/25 S-B5/25 LA/25 S-B3)