

Focus: Sprint - Maintain Fast 50's

Wednesday

Warm Up: (15-20 minutes)

300 Swim Choice

4 x 75 Free and Back Drills

(50's Triple switch + 25's Free "Glove" or Back "Tap")

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

Set Goal for Fast 50's and Maintain:

6 x 50 @base +15"

4 x 50 @base +10"

2 x 50 FAST @:75"/90"

1 x 100 Back

3 x 50 Fast @:75"/90"

1 x 100 Back

4 x 50 FAST @:75"/90"

1 x 100 Back

5 x 50 FAST @:75"/90" (1500)

1x or 2x thru:

4 x 50 Kick descend 1-2, 3-4

1 x 200 Pull (400/800)

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