

Focus: Sprint - Maintain Fast 50's (Free & IM)

Tuesday & Friday

Warm Up:

200 Free

4 x 75 (50's Free Rhythm Drill + 25's "Glove" stroke)

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

200 Kick (1000)

1x or 2x thru: Set Goal for Fast 50's and Maintain:

1 x 200 Negative Split R:30"

1 x 100 Negative Split R:20"

1 x 50 FAST @:60"/75"/90"

1 x 100 Negative Split R:20"

3 x 50 FAST @:60"/75"/90"

1 x 100 EZ

5 x 50 FAST @:60"/75"/90" (950/1900)

Bonus:

100 Swim Choice

200 IM - Timed

100 Swim Choice (400)

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