

Focus: Sprint Free & Back

Monday & Thursday

Warm Up:

400 Swim, Kick, Pull Choice

Drills 2x thru:

50's - Back "Hesitation Tap"

50's - Free "Glove Stroke" or "Paddle Fist" Swim

50's - 25 Dbl Arm Back + 25 DPS (700)

2x or 3x thru: Set target speeds

4 x 50 Descend :02 to 95% R:15"

2 x 100 Pace -:02 & Pace -:04 R:15"

Bonus Rest - 30 seconds

1 x 200 Descend 50's to 100%

Bonus Rest - 60 seconds (1200/1800)

Re-Group last 15 minutes

1x or 2x thru:

4 x 50 Kick descend 1-4 R:15"

1 x 300/200 Pull R:30" (500/1000)