

Focus: Distance Descends

Wednesday

Warm up

300 Swim

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

4 x 50 (25 Fist + 25 "Glove Stroke") (700)

5x or 4x or 3x Descend pace hold interval time:

Set your 300 pace and hold interval base +20"

5/4/3 x (100 IM + 100 Kick + 100 Pull) (1500/1200/900)

- Re-Group Last 15 minutes -

1x thru:

1 x 200 Kick Choice R:20"

1 x 200 Pull R:20"

2 x 50 Choice Odd Fast/Even Faster @1:00

1 x 200 Pull (800)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns