

Focus: Sprint - Tune Up

Tuesday

Warm Up:

400 Swim Choice

4 x 75 (50's *Drill Options, 25's DPS) R:20"
8 x 25 Odd Free/Even Non-Free @30" (900)

Sprint Tune Up:

4 x 25 Swim each 25 faster R:20"

1 x 75 (25 Drill/25 Swim/25 Drill) R:20"

1 x 25 Fast Swim R:30"

3 x 100 Negative Split @base +15"

1 x 200 Swim each 25 faster R:25"

2 x 100 Negative Split @base +15"

2 x 200 Swim each 50 faster R:25" (1300)

(Bonus)

1 x 100 Negative Split R:15"

2 x 200 Swim each 50 faster R:25" (700)

Re-Group last 15-12 minutes

3x or 4x thru:

50 *Drill R:20" + 50 Fast @base +20"

25 *Drill R:20" + 25 Fast @35" (450/600)

***Drill Options - Freestyle:**

One goggle in/One goggle out,

Fist or Fulcrum Paddle or Paddle on forearm

Rhythm drill

Single Arm

Top Hat

Head Tap

Vertical Kick

Streamline off Wall

Underwater Kicking

DPS - decrease each length by 1

*Neutral Head Position

*Timing breath relation to arm cycle

*Improve stroke efficiency by reducing drag and resistance "ReShape Your Vessel"

*Finish power phase at hip, Relaxed recovery phase