

Focus: Aerobic IM - Endurance Monday & Thursday

Warm Up:

300 Swim

4 x 50 "6-3-6" Free and Back (fins?)

4 x 50 (25 fast free + 25 Ez Back) (700)

Drill:

2x (8 x 25) R1-Breast & R2-Fly

R1: Odd 1 Pull-2 Kick/Even Breast DPS

R2: Odd "Angel Wings"/Even Fly DPS (400)

Aerobic IM:

2x (75 FR + 25 Fly + 75 FR + 25 BK) R:15"

1 x 200 Ez Choice (600)

2x (75 FR +25 BK +75 FR +25 BR) R:15"

1 x 200 Ez Choice (600)

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400)

Bonus:

2x (50 FR +25 Fly +50 FR +50 BK +50 FR + 25 BR)

1 x 200 Ez Choice (700)

Cool Down: 200 EZ Choice