

Focus: Breaking up Distances

Tuesday & Friday

Warm Up:

300 Swim + 200 Kick + 200 Pull (700)

3x or 2x thru:

1 x 50 2 Fly/3 Breast R:10"

2 x 25 Sprint Odd Fly/Even Breast R:15" (300/150)

1x thru: Broken Swims R:20"

3 x 300/200: (Free build/cruise & 25's fast swim)

100/50 Free + 4 x 25 Fly + 100/50 Free

100/50 Fr + 4 x 25 Back + 100/50 Fr

100/50 Fr + 4 x 25 Br + 100/50 Fr (900/600)

4 x 50 Kick Choice R:10"

2 x 100 Pull; Bilateral Breathe R:20" (400)

4 x 75: Broken IM R:10"

Outside lengths fast, Middle length EZ

#1 fly/free/fly, #2 back/free/back

#3 breast/free/breast, #4 all free (300)

3 x 100 Pull: Bilateral Breathe R:20" (300)