

Focus: Middle Distance Endurance.

Monday & Tuesday

Warm up *(see drill choice below).

200 Swim Choice

200 (50 Kick/50 *Drill/50 Kick/50 *Drill)

250 (50 *Drill/75 DPS/50 *Drill/75 DPS)

150 (50 *Drill/100 DPS) (800)

8x or 6x or 4x thru: hold pace on 200's

200's Base +15"/R:20"

1st 25 (Fly), 2nd 25 (Back), 3rd 25 (Breast), 4th 25 (Back),

5th 25 (Fly), 6th 25 (Back), 7th 25 (Breast), 8th 25 (Back)

(1600/1200/800)

Cool Down: 2 x 100 EZ Recovery/Perfect Turns

***Drill Options:**

One goggle in/One goggle out, Rhythm drill, Single Arm, Top Hat
"6-1-6", "Bow & Arrow"

Fist or Fulcrum Paddle or Paddle on forearm

Finish power phase at hip, Relaxed recovery phase