

Focus: Middle Distance Free - Pull Sets

Tuesday & Friday

Warm up

300/200 Swim

300/200 Kick

6/4 x 50 Short Axis Drills -

(25's 3 Fly/2 Breast + 25's Fly or Br DPS <10/length)

(900/600)

1x thru:

4/2 x 50

Odd 50 Breast (1 pull + 2 kick) + Even 50 Free

4/2 x 50

Odd 50 Fly (RA/LA/Double no breathe) Even 50 Free

(400/200)

3x or 2x thru:

2 x 150 (R1 & R3) Free (R2) Back

@ 85% R:15"

1 x 150 Pull

R:15" (1350/900)

2x or 1x thru:

2 x 150 Pull @ 85%

R:15"

1 x 150 Swim Choice

R:30"

(900/450)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns