

Focus: Endurance Training. Part II Thurs. & Fri.

Warm Up:

200 Free + 200 Pull + 200 Kick Choice (600)

Drills:

4x (4 x 25) Odd Free/Even Back @ base or R:10

R1: "Shark Fin" Free (side kick)

R2: "L" Back

R3: "Glove Stroke" Swim Free

R4: "TouchDown" with "OKay" Back (400)

Endurance Training:

6/5 x 150 (50 Swim, 50 Pull, 50 Swim)

1-3 Free @ base +:10

4-5 Back @ base +:15

6 Choice (900/750)

6/3 x 50 Free descend DPS R:10 (300/150)

3 x 100 - Back - Best Average R:30" @ 100's

25 - R:05", 50 - R:10", 25 - Sprint (300)

1 x 200/100 EZ Choice (200/100)

3/2 x 200 R:05"

(50 kick / 100 Swim Fast / 50 kick) (600/400)