

Focus: Endurance Training. Part I Wednesday

Warm Up:

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

Drills:

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

R1: Single Arm (25 R/25 L) - Free

R2: "L" - Back

R3: "3-6-3" - Free

R4: "3-6-3" - Back

(400)

Endurance Training:

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

1-3 Free @ base +:10

4-5 Back @ base +:15

6 Choice (900/750)

6/4 x 50 Backstroke descend DPS R:10 (300/200)

4/2 x 100 - Broken Best Average R:20" @ 100's

25 - R:05", 50 - R:10", 25 - Sprint (400/200)

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

3/2 x 200 Odd Back/Even Free R:05"

(50 swim / 100 Kick / 50 swim) (600/400)