

Focus: 50's

Tuesday

Warm up:

200 Swim

4 x 50 Kick N/B: Maximize distance off walls

8/4 x (25 Kick + 25 Fast Swim IMO) (800/600)

Maintain IMO Pace for 50's: (descending interval)

3 x 50 Fly @1:00/1:10/1:15

4 x 50 Back @:50/1:00/1:05

3 x 50 Breast @:55/1:05/1:10

4 x 50 Free @:45/:55/1:00

1 x 200 EZ Pull or Kick @4:00 (900)

Maintain Free Pace for 50's: (descending interval)

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Pull or Kick @4:00 (900)

Bonus: IMO Sprints, EZ Free

6 x 25 Odds IMO/Evens Free @:30/:40

1 x 100 EZ Choice @4:00

6 x 25 Odds Free/Even Non-Free @:30/:40 (600/400)