

Focus: Broken 400's Controlled Pace

Wednesday

Warm Up:

200 Swim + 200 Kick (400)

Drill:

2x (8 x 25) R1-Free & R2-Back

R1: Odd Finger tip drag/Even EZ Fist Swim

R2: Odd "Touchdown"/Even Ez Fist Swim (400)

Controlled Pacing:

16 x 25 Odd Fast Free/Even DPS Breast or Fly (400)

8 x 50 75% Effort @ base +10" (400)

4 x 100 @ base +:05 or R:10
75 Free/25 Best Non-Free (400)

4 x 100 Pull @ base +:10 or R:15
Descend 1-4 (400)

Regroup - 5:40pm

2/1 x 400 Negative Split R:30"-60" (800/400)