

Focus: Broken 400's and Steady Pacing

Tuesday & Friday

Warm Up:

200 Swim + 200 Kick + 200 Pull (600)

2 x (8 x 25) R:05 (400)

1-4 Breast & Fly/4-8 Free & Back

Broken 400's:

8 x 50 @ base or R:10

25 Fist Swim/25 Swim (400)

4 x 100 @ base +:10 or R:10

75 Free + 25 Best Non-Free Fast (400)

2x (100 Kick + 100 Pull) R:15 (400)

Re-group at 6:40am or 5:40pm within lane pods

1 x 10 minute swim — track your distance

Bonus:

2 x 200 BEST EFFORT each repeat (400)

1 x 200 EZ Choice (200)