

Focus: Broken 400's and Steady Pacing

Monday and Tuesday

Warm Up:

200 Swim

4 x 50 Fast Kick

4 x 50 (25 Fast Free + 25 Back DPS \leq 20) (600)

Short Axis Drill: Breaststroke

2x (8 x 25)

R1: Odd Breast Kick/Even Breast DPS

R2: Odd 1P-2K/Even Breast DPS (400)

Broken 400's:

8x (25 Fist Swim/25 Swim) @base or R:10 (400)

4x (75 Free/25 NF Fast) R:10 (400)

(ReGroup Lanes @ 5:30pm or 6:30am)

1 x 500 Pull - Timed (500)

4x (50 Fast Kick/50 Ez Kick) R:15 (400)

Bonus:

2 x 200 BEST EFFORTs R:60" (400)

4 x 50 6-3-6 (odd back/even free) (200)