

Focus: Maintain Consistent Pace

Thursday & Friday

Warm Up: Streamline off walls

300 EZ Free + 200 Kick + 300 Non-Free (800)

Drills: re-group within lane & give each other feedback

8 x 25 Mid-Pool: Fast Turns, Streamline Breakout

Consistent Pacing:

1x thru: Moderate Pace Swim R: 15"

4 x 75 Swim 25 Fly/25 Free/25 Back

4 x 75 Swim 25 Back/25 Free/25 Breast (600)

2x thru: Best Effort Pace @ base +20"

3 x 100 - R#1 Free, R#2 Back (600)

Pyramid Pull: R: 10"

100/200/100 or 50/100/50 (400/200)

Lane pods regroup last 20 minutes:

15 Minute Swim - track your distance