

Focus: 50's Test Sets

Wednesday

Warm Up: 3x or 2x thru

1st 100: 75 Free/25 "6-3-6"

2nd 100: 75 Back/25 "6-3-6"

3rd 100: 50 Breast Kick/50 Breast (900)

Swimming Faster - Countdown

How many 50's can you complete?

Starting interval 1:00 or 1:10 or 1:20

One second decrease after each subsequent 50

When you are not able to meet send off time, move to open lane and kick recovery till last person not able to meet their interval time.

Recovery Swim/Kick/Pull Choice - 3-5 minutes

400's

4/3 x 400

#1) Swim, steady pace for time

#2) 2 x 200:

Odd 200 swim for time, Even Broken 200 =>

4 x 50 @:45/:50/:55/1:00/1:10

#3) 4 x 100:

Odd 100's swim for time, Even Broken 100's =>

2 x 50 @:45/:50/:55/1:00/1:10

#4) 8 x 50:

1-4 Descend, 5-8 Broken 50's =>

8 x 25 @base + 10" (1600/1200)