

Focus: Accelerate with Recovery

Wednesday

Warm Up:

200 Free, every fourth 25 Backstroke

200 Kick

200 Pull (600)

4x (4 x 25) R1 Free, R2 Breast, R2 Back, R2 Fly

25 Single Arm, 25 Fist, 25 DPS, 25 Fist (400)

Medley Accelerators + 50 DPS Free: (1200)

1 -2 50 fly, 25 back, 25 breast, 25 free R:20"
#2 faster than #1,

1 x 50 DPS Free (>20 DPS/25) R:15"

3-4 25 fly, 50 back, 25 breast, 25 free R:20"
#4 faster than #3,

1 x 50 DPS Free (>20 DPS/25) R:15"

5-6 25 fly, 25 back, 50 breast, 25 free R:20"
#6 faster than #5,

1 x 50 DPS Free (>20 DPS/25) R:15"

7-8 25 fly, 25 back, 25 breast, 50 free R:20"
#8 faster than #7

1 x 50 DPS Free (>20 DPS/25) R:15"

5:40pm - 500 pull - track your time