

Focus: Aerobic IM - Endurance

Wednesday & Thursday

Warm Up:

300/200 Swim

4 x 50 Fast Kick

6/4 x 50 (25 Free + 25 Fly) (800/600)

Drill:

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd 1P-2K/Even Breast DPS

R2: Odd "Angel Wings"/"EZ Fly" (300)

Consistent Pacing:

4 x 100 Odd Free/Even IM @base + 15" (400)

Aerobic IM:

2x (25 Fly + 50 Free + 25 Fly + 50 Free) R:15"

1 x 200 Ez Choice (500)

2x (50 Back + 50 Free + 50 Back + 50 Free) R:15"

1 x 200 Ez Choice (600)

2x (25 Br + 75 Free + 25 Br + 75 Free) R:15"

1 x 200 Ez Choice (600)