

Focus: Distance Training

Monday & Tuesday

Warm Up:

300/200 Swim

4 x 50 Fast Kick 25 Free/25 Dolphin

300/200 Pull (800/600)

Re-Group: 200 Free - Timed (200)

Drill:

2x (6 x 25) R1-Free & R2-Back

R1: Odd Finger tip drag/Even "Glove Stroke"

R2: Odd "Zipper"/Even "Glove Stroke" (300)

Distance:

6 x 50 Free Descend 1-3/4-6 @1:00 (300)

15 x 100

5 @ 1:40/1:45/2:00/2:15

4 @ 1:35/1:40/1:55/2:10

3 @ 1:30/1:35/1:50/2:05

2 @ 1:25/1:30/1:45/2:00

1 @ ALL Out FAST (1500)