

Focus: Endurance Training

Monday & Tuesday

Warm Up:

300/200 Swim Choice

6/4 x 50 Kick 25 Fast/25 Ez

4 x 50 Fast (25 Free + 25 Back) (800/600)

Drill:

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

R1: Odd "6-3-6"/Even "Zipper"

R2: Odd "L" slide & glide/Even "6-3-6" (300)

Re-Group: Timed 200 Free (200)

Endurance: (1550)

3 x 200- Free descend, #1 R:20", #2 R:15", #3 R:10"

1 x 100 SLOB Kick

3 x 150- Free descend, #1 R:15", #2 R:10", #3 R:05"

1 x 100 SLOB Kick

3 x 100- Back descend, #1 R:15", #2 R:10", #3 R:05"

Re-Group: (Last 10 minutes): Timed 200 Free (200)

2 x 100 EZ Kick & Pull Recovery (200)