

Focus: Endurance Training

Monday & Tuesday

Warm Up:

300 Swim Choice

6 x 50 Fast Kick

4 x 50 (25 Fast Free + 25 Back DPS) (800)

Drill: "Slide-n-Glide"

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

R1: Odd Goggle In, Goggle/Even "Zipper"

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

Endurance:

3 x 200/150- Free #1 R:20", #2 R:15", #3 R:10"

1 x 100 Kick Recovery

3 x 150/100- Free #1 R:15", #2 R:10", #3 R:05"

1 x 100 Pull Recovery

3 x 100/50- Back #1 R:15", #2 R:10", #3 R:05"

1 x 100 Choice Recovery (1650/1200)

Bonus #1: 1 x 200 Fast Free for Time (200)

Bonus #2:

4x (25 Back + 25 Free) R:15"

2x (75 Back + 25 Free) R:15" (400)