

Focus: 400's Controlled Pace

Monday & Tuesday

Warm Up:

200 Swim

200 Kick: 25 Fast-Ez/25 Ez-Fast

4 x 50 (25 Fast free + 12.5 FAST ARMs Back) (600)

Drill: (400)

2x (4 x 50) R1-Free & R2-Back

R1: Odd 50 Finger tip drag/Even 50 Fist Swim

R2: Odd 50 "Touchdown"/Even 50 Fist Swim

Timed Swim: 1 x 400 Free Steady Pace (400)

Controlled Pacing:

8 x 50 75% Effort @ base +10" (400)

4 x 100 @ base +:05 or R:10
75 Free/25 Best Non-Free (400)

4 x 100 Odd Kick/Even Pull R:15
Descend 1-4 (400)

Sprint:

3 x 50 25 Back/25 Free

1 x 100 Recovery Choice

6 x 25 Odd Back/Even Free (400)