

Focus: Descends Free and Non-Free

Monday & Tuesday

Warm up

400/200 Swim

4 x 50 Kick (50 Fast/50 Ez) + 200 Pull

8 x 25 Swim Choice descend 1-4/5-8 (800/600)

Drill: 2 x (6 x 25) R1: Free R2: Fly (fins?)

R1: Odd 6-1-6/Even DPS <20

R2: Odd "StoneSkipper"/Even DPS <10 (300)

Timed: 50 Fly (March Fitness Goal) (50)

Descends Non-Free/Free

4/2 x 100 IM moderate effort Base +30"

4/2 x 75 Free descend to 85% Base +30"

6/4 x 50 Non-Free :55/1:00/1:10/1:20

descend 1-4/5-8 to 85%

12/6 x 25 Descends Free & NF :35/:45/:55

Free: 1-4/NF:5-8/Free: 9-12 to 90% (1,300/700)

Cool down: 1 x 200 EZ Choice