

Focus: Aerobic Stroke Endurance

Wednesday & Thursday

Warm Up:

400/200 Swim + 200 Kick (25 Ez/25 Fast)

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

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

R1: Odd 25-Double Arm Backstroke, Even 25-"Okay"

R2: Odd 25 Ez Fly, Even 25 "StoneSkipper" (300)

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

Aerobic IM: R:15-20"

2x/1x (75 FR +25 Fly +75 FR +50 BK +75 FR +25 BR)

1 x 100/75 Ez Choice (750/400)

2x/1x (50 FR +25 Fly +50 FR +50 BK +50 FR +25 BR)

1 x 100/50 Ez Choice (600/300)

2x/1x (25 FR +25 Fly +25 FR +50 BK +25 FR +25 BR)

1 x 100/25 Ez Choice (450/200)

4/2 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400/200)

Cool Down:

1 x 200 EZ Choice (200)