

Focus: Aerobic Stroke Endurance

Monday & Tuesday

Warm Up:

300/200 Swim Choice (odd 25's finger tip drag)

6/4 x 50 Kick (25 Fast/25 Ez-Fast)

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

Drill: 3 x (4 x 25) Free (fins?) **Minimize head movement**

R1: "1 Goggle in, 1 Goggle out or 'top hat paddle'

R2: "Single arm pull" w/board

R3: "6-3-6" <4 cycles (300)

Aerobic IM: R:15-20"

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

1 x 100 Ez Choice (600)

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

1 x 100 Ez Choice (450)

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

1 x 100 Ez Choice (600)

Bonus:

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400)

Slow down and focus:

2x or 1x thru (4x 50) Free "finger-tip drag"

Odd 50: "Glove Stroke", Even 50 Fist (400/200)