

Focus: Distance

April Goal: Timed 1K

Monday & Tuesday

Warm up:

200 Swim

4x (30" vertical kick + Odd-25 Br/Even-25 Free)

8 x 25 Fast Kick Choice @ 35"/40" (600)

Drill:

4 x 50 Free - (fins?) (200)

25's - Free Rhythm Drill - "single arm pull"

25's - "6-3-6" (slide-n-glide) <4 cycles/length

Distance:

3 x 100 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 200 Pull (B3) (800)

3 x 250 descend 1-3 @base +20"

(watch start & end time > predict 750 time)

1 x 250 Broken - Choice R:10"

(75 + 75 + 50 + 50)

2 x 200 Pull (B3) (1400)

Cool Down:

3 x 100 "6-3-6", "finger-tip" drag